SHARP

INSTRUCTION BOOK

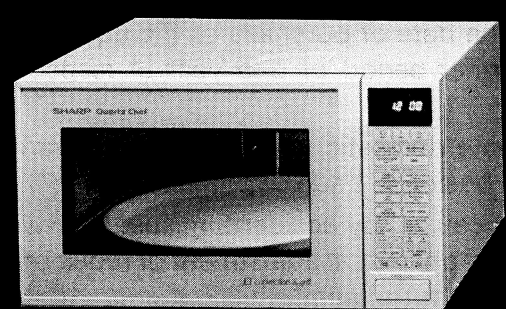
with warranty card

This booklet contains important information, which you should read before you use your oven. It is particularly important for you to read the important safety instructions on pages 2 to 6. Always keep it near the oven so that you can easily refer to it.

MICROWAVE OVEN MODEL R-7A63(B)M/(W)M

FOR DOMESTIC USE

The wattage of this oven = 850W (IEC 705)



R-7A63(W)M

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INTRODUCTION

This instruction book has been carefully designed to help you get the most out of your new microwave oven. You will find that it will take you a little time to become familiar with the functions and facilities which your oven offers you. By taking the time to read these instructions and by following them carefully you will learn more quickly, and make fewer mistakes than if you try to manage without reading them.

1. **What the instruction book is designed to do**

   The purpose of this instruction book is to show you what your oven can do. It will help you to understand the control panel and all the functions of the oven. It takes you through all the different things you can do in easy steps.

   As well as this instruction book, you have also been given a cookery book specially designed to accompany your oven. However, all the information you will need to get started with your new oven is included in this instruction book. The basic cooking information is complemented by more detailed recipes in the cookery book and the two books are designed to be used together.

   Before you do anything with your oven, including putting a plug on it please read the Important Safety instructions on pages 2 to 6. This is for your own safety and to make sure you don't damage your new oven.

THIS APPARATUS COMPLIES WITH THE REQUIREMENTS OF BS-800 : 1988 AND EN 55014, 02.1987.

GUARANTEE

TERMS OF GUARANTEE

Subject to the conditions listed below Sharp Electronics (U.K.) Ltd. (hereinafter called "the Company") guarantee to provide for the repair of, or at its option replace this Sharp Equipment, or any component thereof, (other than Turntables, or User Replaceable Lamps), which is faulty or below standard, as a result of inferior workmanship or materials.

The conditions of the Guarantee are:

1. This guarantee shall only apply to defects or faults which are notified to the Company, or its approved Service Facility within one year from the date of purchase of the equipment, provided that this guarantee shall extend for a further period of one year in respect of Microwave Oven Magnetron, Parts only.
2. This Guarantee covers equipment intended for private domestic use only. This guarantee does not apply to equipment used in the course of a business, trade or profession.
3. This Guarantee does not cover any faults or defects caused by accident, misuse, fair wear and tear, neglect, tampering with the equipment, or any attempt at adjustment or repair other than by an approved Service Facility.
4. In the unlikely event of your equipment requiring repair, please contact the dealer or supplier from whom it was purchased. Where this is not possible please contact the telephone number listed below. You will then be given details of how to obtain service.

   0345-125387

   Please note: All calls will be charged at local rate.
5. The cost of carriage to and from the Dealer, Supplier or Sharp approved Service Facility shall be borne by the purchaser.
6. No person has any authority to vary the terms or conditions of this Guarantee.
7. This Guarantee is offered as an additional benefit to the consumer's statutory rights and does not affect these rights in any way.

IMPORTANT SAFETY INSTRUCTIONS

GENERAL **-The microwave oven must be attended during cooking time. Exceeding the cooking time and too high a power level leads to overheating of food, and it may burn your food and cause a risk of fire.**

WARNING **- To avoid fire, damage to your oven, burns, electric shock, injury to persons:**

To avoid fire

1) Attendance
The microwave oven must be attended during cooking times.

2) Times and power
Follow the instructions in the attached SHARP cookery book carefully.
Exceeding the specified cooking times and/or the incorrect programming of a microwave power setting could result in overheating of the item of food, and in extreme circumstances the risk of burning your food and damage to the oven.
Care should be taken when cooking or heating foods with a high sugar or fat content, such as Christmas pudding, mince pies and fruit cakes.

3) Risk of fire
In the case of overheating the item of food if the food smokes or burns (because of overheating) the following procedure must be carried out.
1) Keep the oven door closed.
2) Turn the oven off and disconnect the plug from the socket (or shut off the power at the switch on the socket).
If you don't follow these instructions, food may catch fire and damage the oven.

4) Disposable containers
Use only microwave suitable materials. Do not leave the oven in unattended operation when food is heated or cooked in disposable containers of plastic, paper or other combustible materials.

5) Ventilation
1) Do not block or obstruct the air vent openings.
2) Do not put anything near the air vent openings that may ignite easily due to the hot air coming out of them.

6) Roasting bags
Plastic and wire twist ties should not be used within the oven as they may melt or catch fire due to an electrical discharge.

7) Oil and fat
Never heat oil or fat for deep frying, as you cannot control the temperature of them and doing so may lead to overheating and fire.

8) Popcorn
Unless you have a special microwave popcorn popper **never** cook popcorn in your oven as it can be dangerous and the results are disappointing. Don't use oil unless the manufacturer instructs the use of it and never heat for longer than recommended.

9) Bottle fruit
Do not try to bottle fruit in your microwave oven as it requires prolonged high temperatures to do it properly.

10) Storing foods
Do not keep food or anything inside the oven when not in use except in case of the AUTO START cooking condition.

11) Waveguide cover
After each use wipe the waveguide cover on the right wall of the oven with a soft damp cloth to remove any splashes. If you leave grease on the waveguide cover it may overheat, smoke or even catch fire when next using your oven.

12) Turntable and walls
Always wipe up spills on the turntable and splashes on the walls after cooking. If you leave grease on the turntable it may overheat, smoke or even catch fire when next using your oven.

13) Check
Please check the setting after you start the oven to ensure the oven is operating as desired. Exceeding the cooking time or using too high a power level leads to overheating of the food which may burn and could cause a risk of fire.

To avoid damage to your oven.

1) Visual check

Check the oven carefully for any signs of damage. Pay particular attention to:

a) The door; make sure the door closes properly and ensure it is not misaligned or warped.

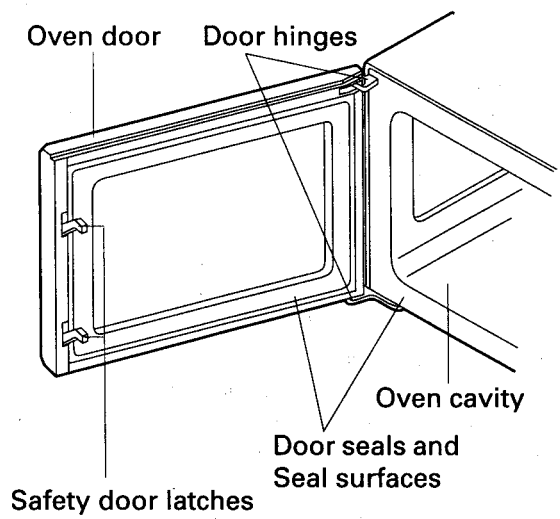
b) The hinges and safety door latches; check to make sure they are not broken or loose.

c) The door seals and seal surfaces; ensure that they have not been damaged.

d) Inside the oven cavity or on the door; check to be certain there are no dents.

If any damage is apparent please do not operate the oven in any way. Contact your dealer or an authorized SHARP Service Centre.

In this condition the oven may be leaking microwaves.



2) Door

a) Do not attempt to operate the oven with the door open. It is important not to defeat or tamper with the safety door latches as it could result in exposure to microwave energy with the door open.

b) Do not operate the oven with any object caught in the door seal between the oven front face and the oven door as this may cause microwaves to leak out.

c) Never allow grease or dirt to build up on the door seal and sealing surface as this may prevent the door from closing correctly and may cause a leakage of microwaves. Wipe the seals and door regularly with a damp cloth, preferably before splashes and grease become dried on to the surface.

To avoid electric shock

1) Outer cabinet

Under no circumstances remove the outer cabinet. This would be very dangerous due to high voltage parts inside which can be lethal.

2) Openings

Do not insert fingers or objects in the holes of the door latches or air vent openings. It may cause an electric shock or damage the oven.

To avoid explosion and sudden boiling

1) Lids

Always remove the lids of jars and containers such as baby food jars, babies bottle teats, and take away food containers, before you cook them in your microwave oven. If you don't, then steam and pressure might build up inside and cause an explosion even after the microwave cooking has stopped.

2) Liquids

You **must take care** when you heat and boil liquids in your microwave oven, as with any other form of cooking. When you have heated liquids in your microwave oven, leave it in the oven **for 20 seconds** and then take it out carefully. This is particularly important if you have used a cup, a mug or some other small container, as the bubbles in the boiling liquid may join together into one large bubble which may push the boiling liquid out of the container and scald you.

3) Eggs

Never cook eggs in their shells. Steam will build up inside the shell during cooking and the egg will explode. If you want to cook or reheat eggs which have not been broken up by scrambling or mixing, you must always pierce the yolks or these will also explode. You should slice shelled hard boiled eggs before you reheat them in your microwave oven.

4) Piercing

Always pierce food which has a skin or membrane, for example, potatoes, tomatoes, apples, sausages etc. If you don't pierce them steam will build up inside and they may explode.

To avoid burning

1) **Potholders or oven gloves**
   Always use potholders or oven gloves to prevent burns when handling utensils that are in contact with hot food. Sufficient heat can transfer from the hot food through the utensils to cause skin burns.
2) **Face and hands**
   Avoid steam burns by directing steam away from the face and hands. Slowly lift the farthest edge of a dish's cover and carefully open popcorn and oven cooking bags away from the face.
3) **Stand back!**
   Always stand back when opening the oven door to allow any build-up of heat or steam to disperse. Keep the door closed when the oven is not in use to prevent accidents.
4) **Foods with filling**
   Cut baked foods with filling after heating to release steam and avoid burns.
5) **Temperature**
   Always test the temperature of food or drink which has been heated in a microwave oven before you give it to anyone, especially babies, children or elderly people. This is important as food which has been heated in a microwave oven continues to get hotter even though the microwave cooking has stopped.
   The temperature of the outside of the container is not a good indication of the temperature of the food or drink inside, so you must test the temperature of the actual contents.
6) **Hot oven**
   a) During CONVECTION, DUAL, GRILL or AUTO COOK mode, because heat is used during the cooking process the oven accessories, oven door and cabinet will become hot. To prevent burning yourself use pot holders or oven gloves.
   b) Do not place anything on the outer cabinet on any heat mode.

Guidelines to destroying harmful bacteria

1) Check to see if the food is thoroughly cooked. Look for the following signs indicating that cooking temperatures have been reached and the food is cooked.
   - Food steams throughout, not just at the edge.
   - Centre bottom of the dish is very hot to touch.
   - Poultry and thigh joints move easily, poultry shows no pinkness.
   - Fish is opaque and flakes easily with a fork.
2) To test that the food is cooked fully insert a meat thermometer in the thickest or densest area, away from fat and bone. Never leave the thermometer in food during cooking, unless it is approved for microwave oven use.
3) **Standing time**
   Always allow standing time after microwave cooking. Standing time is part of the microwave cooking process - it is <u>not</u> an optional extra. If you do not leave microwaved food to stand for the time stated in the recipe, there is a chance that it will not be properly cooked.
4) **Turn over, re-arrange and stir**
   It is important to turn or re-arrange food, and if possible stir it during microwave cooking. If you don't do this, some parts of it may be undercooked or not properly defrosted.
5) **Bacteria**
   Select, store, and handle food carefully to preserve its high quality and minimize the spread of foodborne bacteria.
6) **Cook chilled food**
   When reheating Cook Chilled Food ensure the food is <u>piping hot</u> and if in doubt extend the heating time declared by the Food Manufacturer.

To avoid misuse by children

1) **Supervision**
Children should use the microwave oven only under close adult supervision.

2) **Leaning or swinging**
Do not allow anyone to lean or swing on the oven door. And do not allow anyone to play with the oven.

3) **Teaching**
Children should be taught all important safety instructions: use potholders, remove coverings carefully, pay special attention to packages that make food crisp as these may be extra hot.

Other warnings

1) **Repair**
Never adjust or repair the oven by yourself, or never allow anyone who is not a service technician trained by SHARP.
It is very dangerous for anyone other than a service technician trained by SHARP to perform a repair or service the oven.

2) **Modification**
Never attempt to modify the oven in any way.

3) **Working**
Do not operate the oven if it is not working properly.

4) **Moving**
Never attempt to move the oven while it is operating.

5) **Purpose**
Only use the microwave oven for cooking or heating of food. This product is not suitable for any other use.

6) **Domestic use**
Please note, that the microwave oven is designed for domestic use. The oven is not suitable for commercial, industrial or laboratory use.
SHARP declines any liability for damages caused by improper use.

7) **Keep clean**
Please clean your microwave oven regularly and remove any stains or fat residues without delay. Failure to do this may affect the quality and safety of the product or prejudice your guarantee.

8) **Microwave plastic wrap**
Microwave plastic wrap that is specially marked for microwave use can be used for cooking and heating.
It is recommended that the microwave plastic wrap does not touch food as it may melt. Vent so that steam can escape.

9) **Pacemaker**
For persons who have a pacemaker fitted please consult your doctor or manufacturer of the unit if it could be affected by any microwave leakage from the oven.

IN AREAS OF REDUCED MAINS VOLTAGE THE TIME TAKEN FOR THE OVEN TO REACH PREHEAT TEMPERATURE WILL INCREASE PROPORTIONALLY.

***CAUTION*- To promote trouble-free use of your oven and prevent damage.**

1) **Ventilation**
If water or food drops inside any of the air vent openings, switch the oven off immediately, unplug it and call a SHARP Service Centre. This service is not covered by the terms of the guarantee and a charge will be made by the Service Centre.

2) **Empty oven**
Never use the microwave or dual cook function when oven is empty as this will cause damage to the oven.

3) **Check utensils**
Before you use any dishes or utensils for microwave cooking you must check that they are suitable. Instructions on what kind of dishes and utensils are suitable are found on page 14.

4) **Metal**
Metal utensils should NOT be used for MICROWAVE cooking. Metal reflects microwave energy and may cause an electrical discharge known as arcing.
*If metal (such as aluminum foil) is used for a special purpose (Please refer to the attached SHARP cookery book for exceptions) it must never come into contact with the oven walls during operation as this may cause damage. **A minimum distance of 2 cm to the oven walls must be maintained.**
*Metal may be used for DUAL Cooking mode. To prevent arcing, place a heat resistant insulator such as a Pyrex® pie dish, a glass pizza tray or a china plate between the metal utensil and the rack. If arcing occurs, discontinue the use of that utensil for DUAL Cooking.

5) **Canned food**
NEVER place cans of food in the microwave oven. (For reasons as stated, please refer to 4) "Metal", above).

6) **Turntable**
For all operations, the roller stay should be correctly installed into the coupling and the turntable should be correctly placed upon it. If you do not do so, the turntable may not turn or may rattle, and result in damage to your oven. If you operate the oven without the above accessories, the food will not be heated thoroughly.

7) **Plastic utensils**
Do not use plastic containers for microwaving if the oven is still hot from using the CONVECTION, DUAL, GRILL or AUTO COOK mode, because they may melt. Plastic containers must not be used during above modes unless the container manufacturer states they are suitable.

NOTE - Information you need to know.

1) **Guarantee claim**
In the unlikely event of this equipment requiring repair during the guarantee period, you will need to provide proof of date of purchase to the repairing company.
Please keep your invoice or receipt, which is supplied at the time of purchase.

2) **Turntable**
The turntable will rotate clockwise or counterclockwise. The rotary direction of the turntable may change each time you start the oven. The direction of rotation of the turntable does not affect the performance of the oven.

3) **Oven light**
The oven light comes on whenever you open the door, and stays on while food is being cooked in the oven.

4) **Steam**
Sometimes food with a high moisture content may give off a lot of steam during cooking. This is quite normal.

5) **Microwave oven wattage**
Due to the adoption of the IEC 705 power rating you may find that when following old cookery book timings (which have not been rated to IEC 705) they may require adjustment. Either increase or decrease the cooking time according to the condition of the food.

6) **Door seal**
The door seal prevents leakage of microwaves out of the oven during cooking, but it does not form an airtight seal. This means that you may sometimes see drops of water, light or feel warm air coming out from around the door. This is quite normal and does not mean that the oven is allowing a leakage of microwaves.

7) **After cooking**
After cooking in the CONVECTION, DUAL, GRILL or AUTO COOK mode, the fan may remain on for a while to lower the temperature of the electric and mechanical components.

8) **Grilling**
During GRILLING mode and DUAL COOKING GRILL mode, the ceiling of the oven cavity may be distorted due to heat of quartz grill heater. This is quite normal and is no cause for concern. When the oven is cooled after cooking, the distortion of the ceiling will be gone.

INSTALLATION INSTRUCTIONS

HOW TO EXAMINE YOUR MICROWAVE OVEN AFTER UNPACKING

1. Remove all packing material from inside the oven and remove all the protective film and the feature sticker label from outside of the oven door.
2. Check the oven for any damage. If you notice any damage please do not operate your oven. Contact your dealer.

WHERE TO PLACE YOUR MICROWAVE OVEN

1. Place the oven on a flat and level surface sufficiently strong enough to withstand its weight, plus the heaviest item likely to be cooked.
2. When the oven is to be built into a kitchen cabinet, the installation frame EBR-7710(B)/(W) licenced by SHARP must be used. This is available from your dealer. Refer to the frame installation instructions or ask your dealer for the proper installation procedure. Only the use of this frame will guarantee the safety and quality of the product.
3. Since the door glass becomes hot during cooking you should place or mount the oven so that the bottom of the oven is 80cm or more above the floor. You should also keep children away from the door glass to prevent them burning themselves.

IMPORTANT NOTE:

* The oven must not be located in areas where heat and moisture are generated (for example near or above the conventional oven) and not near to easily combustible materials (for example, curtains).
* Do not install the oven in a humid place where it could damage the oven.
* Do not store or use the oven outdoors.

ELECTRICAL CONNECTION

a) If the fitted mains plug to your oven is a rewireable type and in the unlikely event of the socket outlet in your home not being compatible with the plug supplied, remove the plug and fit an appropriate type, observing the wiring code below.

b) If your oven does not have a fitted mains plug, then fit an appropriate type, observing the wiring code below.

c) If the plug fitted to your oven is a non-rewireable plug and in the unlikely event of the socket outlet in your home not being compatible with the plug supplied, cut-off the mains plug and fit an appropriate type, observing the wiring code below.

Danger:

The fuse from the cut-off plug should be removed and the plug disposed of in a safe manner.

Under no circumstances should the cut-off plug be inserted into a socket outlet as a serious electric shock may occur.

The plug must not be used without the fuse cover fitted.

If you have any doubt obtain the help of a qualified electrician.

If your oven does not have a plug and you require to fit a 3 square pin plug, please ensure that you use a BSI or ASTA approved plug to BS1363 which should be fitted with a brown coloured 13 amp fuse approved by BSI or ASTA to BS1362.

To wire an appropriate plug, please follow the wiring instructions below.

WARNING - THIS APPLIANCE MUST BE EARTHED.

IMPORTANT –

The wires in the mains cable are colour coded as follows:-

green and yellow stripes = earth
blue = neutral
brown = live

As the colours of the cores in the mains lead of your oven may not correspond with the coloured marking identifying the terminals in your plug, connect the wires as follows:

- The green and yellow wire to the plug terminal marked E or ⏚ or coloured green or green and yellow.
- The blue wire to the plug terminal marked N or coloured black or blue.
- The brown wire to the plug terminal marked L or coloured red or brown.

Make sure the terminal screws are properly tightened and the cable is held tightly by the cable grip where it enters the plug.

Like most appliances in your house, your oven must be connected to a single phase 240 volt, 50Hz alternating current supply. If you have any doubts about your electrical supply ask a qualified electrician.

If you do not make the proper electrical connections you might damage your microwave oven or injure yourself.

Neither SHARP nor the supplier will be liable if this happens.

IMPORTANT NOTE:

* The socket must be readily accessible to allow easy removal of the plug in an emergency.
* Make sure that the power supply cord is undamaged, and that it does not run under the oven or over any hot surfaces or sharp edges.
* Do not immerse power supply cord or plug in water.
* Insert the plug into the socket completely, otherwise the plug may become overheated and catch fire.
* Do not connect another appliance to the same socket using an adapter as it may cause the house wiring to become overheated and may catch fire.
* If the plug or socket is loose or the power supply cord is damaged, do not operate the oven and contact your dealer or an authorised SHARP service agent. Because the defective plug, power supply cord or socket may become hot and catch fire during operation or cause electrical shock.
* When removing plug from the socket always grip the plug and never pull out by pulling the mains lead as this may damage the power supply cord and the connections inside the plug.

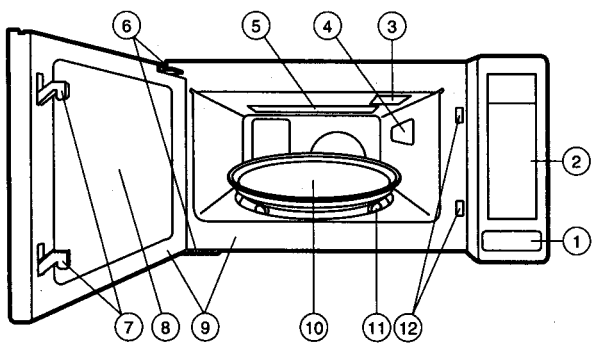
SPECIFICATIONS

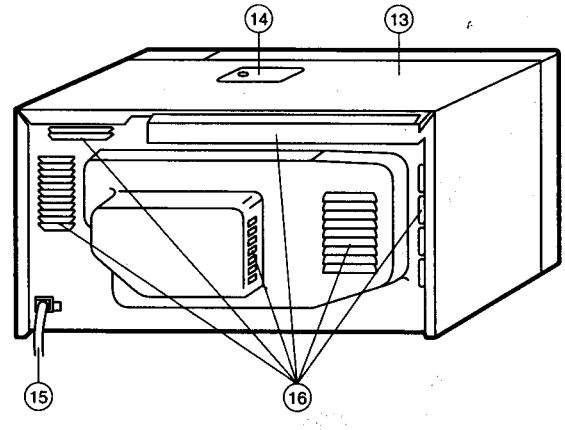
AC Line Voltage :	Single phase 240V, 50Hz
AC Power Required :	
Microwave	1.5kW
Dual (Roast/Bake)	2.8kW
Dual (Grill)	2.5kW
Convection	1.35kW
Grill	2.35kW (Max.)
Output Power :	
Microwave	850W (IEC 705)
Convection Heater	1300W
Grill Heater	1000W
Microwave Frequency :	2450MHz
Outside Dimensions :	550mm(W) x 312mm(H) x 491mm(D)
Cavity Dimensions :	381mm(W) x 205mm(H) x 375mm(D)
Oven Capacity :	1.03 cu.ft (29.3 litre)
Cooking Uniformity :	Turntable (360mm tray) system
Weight :	Approx. 26kg

As a part of our policy of continuous improvement, we reserve the right to alter design and specification without notice.

PART NAMES

THE OVEN



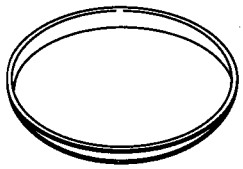


1. open door button
2. auto-touch control panel
3. oven light
4. waveguide cover
5. quartz grill
6. door hinges
7. safety door latches
8. oven door with see through window
9. door seals and seal surfaces
10. turntable
11. roller stay
12. holes for safety door latches
13. outer cabinet
14. removable cover over light bulb
15. power supply cord
16. air vent openings

THE ACCESSORIES

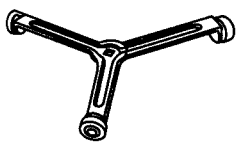
The following accessories have been specially designed for your oven.

turntable



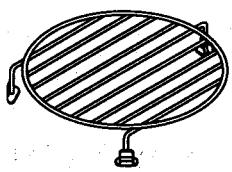
The turntable must always be placed on the roller stay in the oven.
Remove only for cleaning.

roller stay



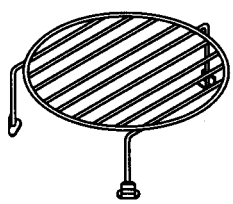
The roller stay must always be placed into the coupling in the oven.

low rack



This rack is used for Grilling, Convection or Dual mode.

high rack



Use this rack for grilling.

Manuals and other...

- Cookery book
- Instruction book

HOW TO PLACE ROLLER STAY AND TURNTABLE

1. Insert the roller stay into the coupling as shown in Fig. 1.

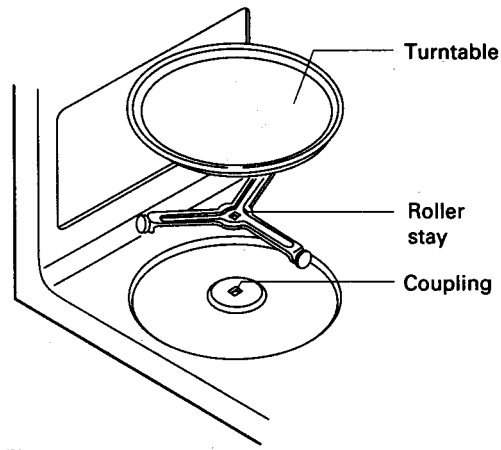


Fig. 1.

Important note:
Place the roller stay so that its flanges face downward, as shown in Fig. 2.

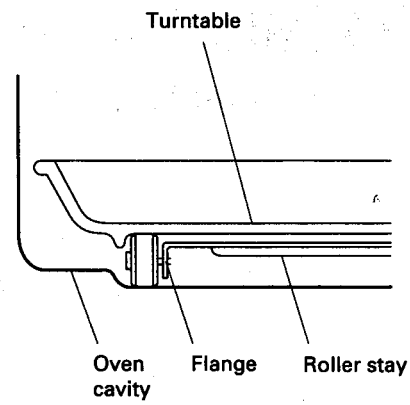
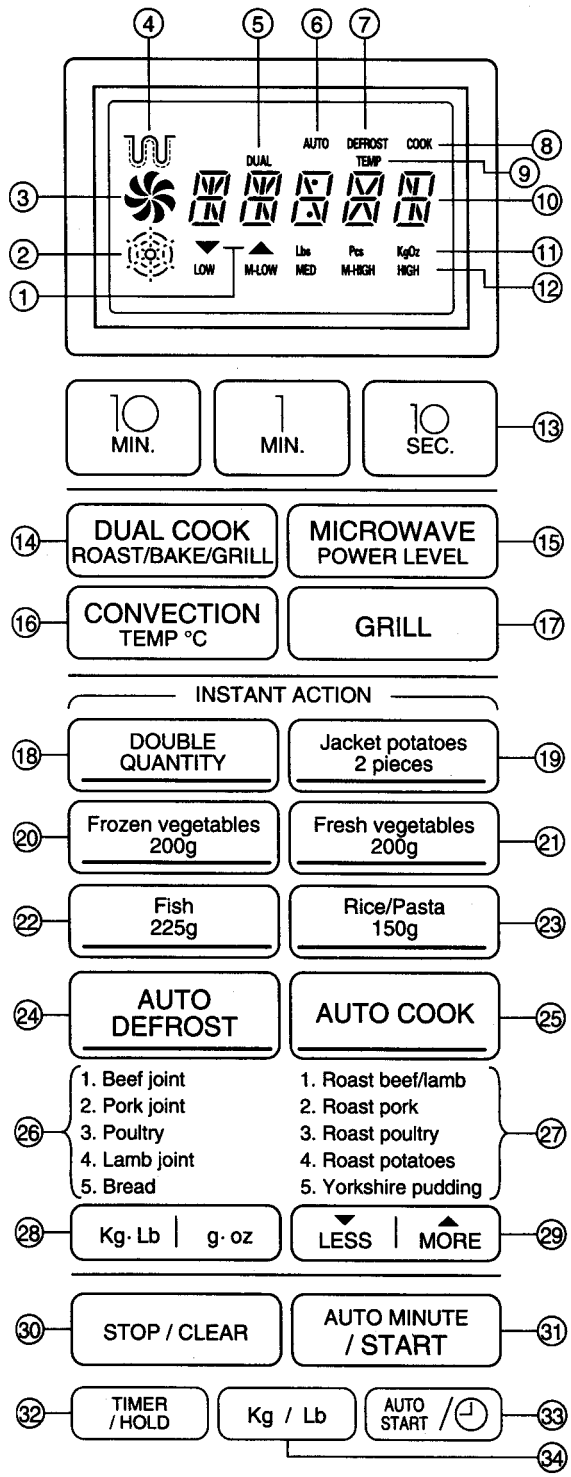


Fig. 2.

2. Place the turntable on the roller stay correctly, as shown in Fig. 1 and 2.

THE AUTO-TOUCH CONTROL PANEL



DISPLAY AND INDICATORS

① LESS/MORE indicator
② MICROWAVE and defrost symbol
③ CONVECTION symbol
④ GRILL symbol
⑤ DUAL COOK indicator
⑥ AUTO COOK indicator
⑦ AUTO DEFROST indicator
⑧ Cook indicator
This indicator shows cooking in progress.
⑨ Temperature indicator
⑩ Digital display
⑪ Units of weight or amount indicator
⑫ Microwave power level indicator

OPERATING PADS

⑬ Time pads
Touch these pads to set the time for a cooking process.
Touch these pads to set the time of day.
Touch these pads to set the Auto-Start time.
⑭ DUAL COOK pad
Touch to choose DUAL COOK mode. (Roast, Bake or Grill mode)
⑮ MICROWAVE pad
Touch to choose MICROWAVE mode and to select microwave power level.
⑯ CONVECTION pad
Touch to choose CONVECTION mode and to select the oven temperature.
⑰ GRILL pad
Touch to choose GRILL mode.
⑱ DOUBLE QUANTITY pad
Touch to cook a double quantity of INSTANT ACTION food before touching INSTANT ACTION pad.
⑲ ~ ㉓ INSTANT ACTION pads
Touch to cook INSTANT ACTION food listed on the key pad.
㉔ AUTO DEFROST pad
Touch to choose the foods from the menu list ㉖, then enter the weight.
㉕ AUTO COOK pad
Touch to choose the foods from the menu list ㉗, then enter the weight or amount.
㉖ AUTO DEFROST menu
㉗ AUTO COOK menu
㉘ Weight (Number) pad
Touch to enter the weight of food in lbs/oz or kg/g.
Touch [Kg·Lb] pad to enter the number of foods.
㉙ LESS(▼)/MORE(▲) pads
Touch to allow you to cook or defrost food a little less or more than the preset automatic programmes.
㉚ STOP/CLEAR pad
Touch to cancel during programming.
Touch once to stop oven during cooking and twice to cancel the programme.
㉛ AUTO MINUTE/START pad
Touch to start the programme.
Touch to cook for multiples of 1 minute on HIGH or increase by multiples of 1 minute during cooking.
㉜ TIMER/HOLD pad
Touch to set minute timer and to programme standing time.
㉝ AUTO START/CLOCK (🕘) pad
Touch to set clock or AUTO START time.
㉞ CONVERSION pad
Touch to change the weight unit either from kg/g to lbs/oz or counter.

SETTING THE CLOCK

Your oven is fitted with a clock which may be set to show the time of day.
- You may choose from two types of clock setting.
  The two clocks differ in the way the time of day appears on the display.
  For example : It is 5 o'clock in the afternoon.

Clock	Display
12-hour-clock (12H)	5 : 00
24-hour-clock (24H)	17 : 00

- When you first connect your microwave oven to the electric power socket, the indicator lights up and the digital display will flash 88 : 88 .

Two clock setting modes can be selected:

I. AUTO START /🕘 x 1: 12 hour clock (from 1:00 to 12:59, A.M. or P.M.)
If you wish to set 12 hour clock, touch the AUTO START/🕘 pad, once in Step 2.

II. AUTO START /🕘 x 2: 24 hour clock (from 0:00 to 23:59)
If you wish to set 24 hour clock, touch the AUTO START/🕘 pad, twice in Step 2.

***Example** : Suppose you want to enter the correct time of day 12:35 with clock setting mode I.

Step	Action	Press pad	Display
1	Clear the display.	STOP / CLEAR	:
2	Change to clock function.	AUTO START /🕘 x 1	12H
3	Enter correct time. Hours first (12).	10 MIN. x 1 ; 1 MIN. x 2	12
4	Change from hours to minutes.	AUTO START /🕘 x 1	12 00
5	Enter correct time in minutes (35).	10 MIN. x 3 ; 1 MIN. x 5	12 35
6	To start the clock.	AUTO START /🕘 x 1	12 : 35

NOTE :
1. Set the correct time of day on the oven clock to ensure correct starting time for the AUTO START. If you do not set it, you can not use the AUTO START function.
2. Once you have set the correct time on your oven you will only need to reset it when you change the clocks, if there is a power cut or you disconnect the oven from the power socket.
3. When the oven is in the cooking process, the digital display will normally show you the number of minutes and seconds of cooking time that are left. However, if you want to know the correct time of day when you are using the oven, simply press the AUTO START/🕘 pad and the correct time of day will appear for as long as you keep your finger on the pad. This will not affect the cooking process in any-way.
   If the clock has not been set, the digital display will not show the time of day even though you have pressed the AUTO START/🕘 pad during cooking.
4. When the cooking time has been completed and if the clock has not been set the display will show : only.

WHAT THE OVEN CAN DO

The oven cooks in three ways. These are :

by microwaves
by convection
by grilling

You can choose either to use the different cooking techniques separately or in combination, which is called dual cooking. If you have not used a microwave oven before there are a number of very important things which you need to know. The following sections will explain about microwave cooking techniques and equipment.

■Operating your oven

Your oven has many features and functions, and to help you learn to use it quickly this section has been divided as follows :

Getting started

Manual cooking
- microwave cooking
- convection cooking
- grilling
- dual cooking
- using a sequence of programmes

Automatic cooking
- INSTANT ACTION
- AUTO DEFROST
- AUTO COOK

Other convenient function
- LESS/MORE
- AUTO MINUTE
- TIMER HOLD
- AUTO START (Setting the oven to cook ahead)

■Getting started

Your oven will automatically operate as a simple microwave oven unless you programme it differently. The various alternatives are laid out below.

1) Opening and closing the door

To open the door of the oven press the Open Door Button at the bottom of the control panel. The oven light will come on while the door is open. To close the door just push it firmly and the oven light will go out. You will not be able to use the controls of the oven until the door is closed.

2) Starting a programme

You control the oven by touching the appropriate pads on the control panel. (Please see the diagram page 10). Each time you touch a pad you will hear a beep sound. If you don't hear the sound this might be because :

you haven't pressed hard enough
you have tried to enter too much information
you have made a wrong entry.

Remember, you will not be able to programme the oven unless the door is firmly closed.

Most programmes start with the cooking time. To set the cooking time simply press the 10 MIN, 1 MIN or 10 SEC part of the time pad until you have got the cooking time you want. You will know that the digital display is showing cooking time in minutes and seconds, rather than time of day because the colon (:) in between the hours and minutes will have disappeared.

The display will look like this: 10 30

rather than : 10:30

Once you have set the cooking time you will then have to choose your cooking method and this is covered in detail below.

Once you have chosen the time and the cooking method you only have to press the AUTO MINUTE/START pad and both the oven and the oven light will come on. The timer will show a full stop between the minutes and seconds (10.30) and it will count down to .00 in one second steps. When the cooking time has finished you will hear a two second 'beep' signal and the oven light will go out.

3) **Correcting mistakes in the programme**
There is no need to worry if you make a mistake when you are programming the oven. All you need to do is touch the STOP/CLEAR pad, and the programme will be cancelled and the digital display will return to showing time of day. All you then have to do is start the programming again.

4) **Stopping the oven during cooking**
If you want to stop the programme during cooking in order to look at the food, then simply open the oven door. The oven will stop as soon as the door is opened. If you wish to start the oven again then shut the door and press the AUTO MINUTE/START pad and the oven will continue for the remaining cooking time. If you want to cancel the programme during cooking then just press the STOP/CLEAR pad twice.

5) **Changing the programme**
You might decide that you want to change a progamme once you have started to cook. To prevent this happening accidentally, all programmed functions are locked in. In order to unlock them you must touch the STOP/CLEAR pad twice. You can then enter a new programme, starting with the cooking time.

MANUAL COOKING

Manual cooking means that you decide on the time, method and temperature of cooking. If you don't programme the oven then it will normally operate as a microwave oven. However, you actually have the choice of cooking by:

microwaves
convection cooking
grilling

or by a series of combinations which is called:

dual cooking

Details about how to manually operate each of these types of cooking is given below.

Microwave Cooking

The Background to Cooking by Microwaves
You have probably read a great deal about the dangers of food poisoning from foods which have not been cooked or reheated properly in microwave ovens. This is not the fault of microwave ovens, but is due to food which is contaminated with germs being badly stored and carelessly cooked or reheated. If you always remember the following:-

store all such food in covered containers in a refrigerator
when cooking it by microwaves, turn food around and if possible stir it.
to make sure that it is boiling hot throughout, especially at the centre which does not heat so quickly as the outside.

then microwave ovens will be just as safe to use as any other cooker.

Please make sure you have read and understood this information before you use your oven. It is particularly important for you to allow food to stand after cooking by microwaves. This standing time, as it is called, is not an optional extra it is necessary to make sure food is thoroughly cooked.

You should also turn, re-arrange, and, where possible, stir food during microwave cooking to make sure it is evenly cooked or properly defrosted. Always remember Stir–Turn–Stand S–T–S.

1) **How microwaves cook and heat food**
Microwaves are absorbed by the water, sugar and fat which are in the food. The microwaves make the individual particles vibrate very quickly causing the food to heat up by friction, in the same way that your hands get warm when you rub them together. Most parts of the foods are heated by microwaves directly as mentioned above. And the remaining food is heated by conduction of heat from hot food next to it. This is why it is very important that you turn food around, re-arrange or stir it up so that hot and cooler parts are mixed together for even cooking. You must allow the food to stand (the standing time), otherwise some parts will be cool and undercooked and others very hot and over cooked. This is the Stir–Turn–Stand S–T–S idea. See page 15.

Stir

Turn

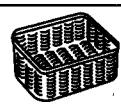
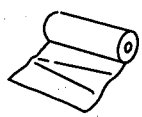
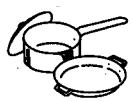
Stand

Microwaves can pass straight through dishes and utensils which are non-metallic and can then heat the food inside the container. Information about the best type of dishes to use is given in the section below.

Microwaves are reflected by metal, which is why the oven is lined with metal and there is a fine metal mesh in the glass of the door. This ensures that there is no danger of the microwave leakage.

2) Microwave cooking utensils

You can use a variety of cookware in your microwave oven as long as it allows microwaves to pass through into the food. You should try and choose round or oval dishes rather than square or oblong ones. It is very easy for food in the corners of square dishes to overcook if they are not shielded during microwave cooking and defrosting.

Utensil	Use	Advice
Ovenproof glass	YES	Ideal for cooking, reheating and defrosting.
Plastic microwave	YES	Ideal for cooking, reheating and defrosting.
Microwave plastic wrap Microwave bags Roasting bags	YES	You should always pierce the bags or wraps to let the steam out. Do not use metal ties to fasten the bags.
China and ceramics	YES/NO	Most ovenproof china and ceramic dishes are suitable, as long as they do not have any gold or silver decoration. These metallic decorations will cause the microwaves to arc (flash). This may cause damage to both your oven and your china. Do not use antique dishes.
 Thin plastic, straw and wood	YES	Only suitable for warming food in. Straw and wood are not resistant to high temperatures, therefore excessive over-heating of these materials may cause a fire in your microwave oven.
 Paper	YES	Only suitable for warming food in. Can also be crumpled up and used to absorb fat and splashes when you cook bacon. Paper is not a high temperature resistant material, therefore excessive over-heating of this material may cause a fire in your microwave oven.
 Metal bakeware	NO	Reflects microwaves which cannot therefore pass into the food and may cause arcing.
Foil and foil container	YES/NO	You can use small pieces of foil to stop overheating of parts of foods you are cooking. But you should not use large pieces of foil, as microwaves are reflected by metal and they must not touch the walls of the oven to avoid arcing. Take food out of foil trays and place in a microwave proof dish.

NOTE : If you are not sure if a dish is suitable to use ask the manufacturer.

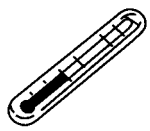
3) Microwave cooking techniques

You also need to know the important techniques for microwave cooking. The important techniques when preparing and cooking food by microwave are:

① Quality of the Food

1. Microwaves will cook quickly, when roasting meat, the better cuts should be used.
2. More economical cuts are recommended for casseroling, stewing, pot roasting.
3. Vegetables and fish should be as fresh as possible to obtain best results.

② The starting temperature



1. Cold food takes longer to cook than food at room temperature.
2. Recipes assume that food has been stored at its normal storage temperature, e.g. fish and chicken from a fridge, vegetables and soup at room temperature.

③ The density

1. Dense or solid foods e.g. whole potatoes will take longer to cook than less dense foods e.g. fresh peas.

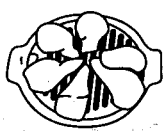
④ The composition

1. Food with high fat or sugar content will heat more quickly than food with lower fat and sugar content.
2. Take care when you reheat mince pies and Christmas pudding which are both high in sugar and fat.

⑤ Size and Shape

1. This affects the overall cooking times.
2. When cooking more than one of a particular food e.g. jacket potatoes - choose items of the same size so they cook evenly.
3. If different sized items are cooked together uneven cooking will occur.
4. When cooking meat or vegetables they should be even in size to cook evenly.

⑥ The arrangement

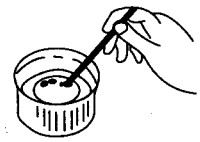


1. Arrange food so that the thickest part is towards the outside of the dish.
2. A good example is chicken drumsticks where the thinner bony ends won't require as much cooking as the thicker ends.

⑦ Covering

1. Certain types of food benefit from being covered during microwave cooking.
2. Covering will prevent spattering and help foods to cook evenly.
3. Use a lid or microwave plastic wrap.

⑧ Piercing



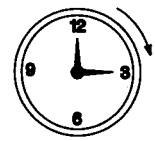
1. Always pierce foods which have a skin or membrane. These include: eggs, potatoes, tomatoes, apples, sausages, aubergines.
2. If you don't pierce them, steam will build up inside and they may explode.

⑨ Stirring and turning

1. Always either stir or turn food during cooking wherever possible, for example, casseroles so that the hot food on the outside is mixed with the cooler food.

2. Turn joints of meat of poultry over half way through their cooking time to ensure even cooking.

⑩ Standing time



This is an essential part of the cooking time to ensure food is completely cooked. This standing time allows the heat to spread evenly through the food. All food needs to stand and the amount of standing time you should allow is usually given in the recipe.

However, as a rough guide you should stand food for about a third to a half of the cooking time. So for example if you cooked some food for 12 minutes you should let it stand for between approx. 4-6 minutes. Food defrosted in the microwave oven must also be left to stand.

4) Reheating food in your microwave oven

1.Food which you reheat in your microwave oven will taste freshly cooked rather than reheated with the ordinary cooking appliances.

2.You must remove food which is either in a metal dish or tin before you microwave it.

3.The power level you use for reheating depends on the type of food. You would normally reheat at a similar power level to the one you would use for cooking. Choose a power level which matches the food you are reheating, the approximate power levels to use are listed as follows (you will find more advice in the cookery book).

FOOD BEING REHEATED	POWER LEVEL
vegetables	HIGH
casseroles	MEDIUM
meat slices	MEDIUM
pies	MEDIUM-HIGH

4.The reheating time will depend on the amount of food, the shape of the container and the temperature you store it at.

5.Always take care with food which has a high fat and sugar content such as Christmas pudding. See Important safety instructions on page 2.

GUIDELINES TO REHEATING FOOD

Item	Guidelines
CASSEROLES	1.Cover and stir frequently especially if you have kept it in a fridge.
MEAT	1.Medium to thin slices are best. Cover the meat with sauce or gravy and cover with microwave plastic wrap.
PLATES OF FOOD	1.Remove any poultry portion and reheat these separately. 2.Arrange the thickest parts of any meat and large vegetables towards the outside of the plate and food which heats quickly–such as vegetables in the middle. 3.Spread the food out in an even layer and cover.
POULTRY PORTIONS	1.Are better reheated separately to make sure they are thoroughly reheated. Cover with microwave plastic wrap.
VEGETABLES	1.Cover with microwave plastic wrap or a lid. If possible stir the vegetables.
PIES	1.Place on a plastic rack and reheat.

5) Defrosting food in your microwave oven

1. You can use your microwave oven to defrost food, especially meat, quickly and with better results than just leaving it to thaw out naturally. This is because you can defrost and cook meat before losing both juice and quality.
2. During defrosting, some parts of the meat may start to cook before other parts are defrosted. To minimize this you should always shield the previously defrosted parts.
3. To make sure that food you are defrosting does not start to cook, it is best to defrost it at MED-LOW or LOW power.
4. You should re-arrange food and separate it if possible when defrosting.
   Any warm parts should be shielded with small pieces of foil.
5. At the end of defrosting you should leave food to stand.

(You will find approximate defrosting times in the cookery book)

GUIDELINES TO DEFROSTING FOOD

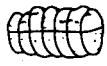
Item	Guidelines
FROZEN PACKAGE FOODS	1. Place plastic or paper wrapped package of frozen food directly into the oven. 2. Unwrap food which has foil around it and remove other sorts of wrappings as soon as possible unless food manufacturers state other instructions.
POULTRY AND JOINTS OF MEAT	1. Place poultry with the breast side underneath. After one third of the defrosting time turn over, shield any warm parts with small pieces of foil. 2. Turn joint over after half the defrosting time, shield any warm parts with small pieces of foil. 3. Allow the poultry or meat to stand for 30-60 mins after defrosting and then check that the flesh is defrosted by inserting a skewer into it. If not, defrost for a little longer. 4. Remove any giblets from poultry and check that the cavity feels cold not icy. 5. After defrosting, cook as soon as possible to prevent loss of juice.
CUBED AND MINCED MEAT	1. Break apart, remove any defrosted pieces as soon as possible. 2. Turn over and shield throughout defrosting if necessary.
FISH WHOLE AND FILLETS	1. Separate fish halfway through defrosting. 2. Take out any defrosted pieces whilst defrosting. Continue to defrost remaining frozen pieces. 3. Turn over and shield throughout defrosting.
STEAK, CHOPS AND CHICKEN PORTIONS	1. Separate these as soon as possible. 2. Take out any defrosted pieces throughout defrosting programme. 3. Turn over and shield throughout defrosting.

*NOTE : When defrosting certain items, for best results, it may be necessary to stand the food half way through defrosting for a while (to a maximum of 15-20 minutes) this helps to prevent the item from cooking in certain parts.

6) Converting recipes

You will probably have favourite recipes which you will want to try out in your microwave oven. Here are a few points to remember when you convert a recipe :

GUIDELINES TO CONVERTING RECIPES

Item	Guidelines
MEAT JOINTS 	1.Only roast best quality joints. 2.Poor meats will require longer, slower cooking. See microwave cooking techniques on page 15.
CASSEROLES AND STEWS	1.Cut vegetables into smaller even sized pieces. 2.Cut meat into 2.5 cm (1") cubes. 3.Use about two thirds of your normal amount of stock.
VEGETABLES	1.Only use a very small amount of water when you cook vegetables. 2.You will need less salt as vegetables keep more of their own flavour. 3.If using salt, dissolve a very small amount in the cooking water.
CAKES	1.You will need to add more liquid to sponge cakes than for ordinary cooking. 2.It is advisable to use a plastic rack to lift cakes above the turntable. 3.When cooking large fruit cakes use a lower power setting.

7) Browning food in your microwave oven

You will find that food cooked in your microwave oven cooks so quickly that it does not become brown and crisp on the outside as it does with ordinary cooking. There are some ways you can brown meat and poultry. These are :

① Using a browning dish

These are dishes which you preheat in the microwave with no food in them. The browning dish enables you to brown smaller cuts of meat for example sausages and chops. Please follow manufacturers instructions regarding usage of browning dish.

Should you wish to use a browning dish we recommend that to prevent any damage occuring to your glass turntable and roller stay, insulate the browning dish from the turntable by using either a heat proof plate, or a specially designed rack which is available from SHARP dealers as an optional extra.

② Using browning seasonings and sauces

These can be used to brown large pieces of meat and poultry which cannot be browned in a browning dish. They will not make the outside crisp. You will find many different makes and varieties on the shelves of the supermarket.

③ Others – You can use Dual cooking, Grill cooking and Convection cooking for browning of food.

■ THE PRACTICE OF COOKING BY MICROWAVES

1)-1Power levels

Your oven offers you 5 variable microwave power levels which you use in much the same way as you would use the temperature control in a conventional oven. For example, you would normally cook a casserole in a moderate oven and so you should cook it on MEDIUM or MEDIUM LOW power in your microwave oven. The power is varied by the microwave energy switching on and off during the cooking, and you will be able to hear this on-off pulsing as you cook your food.

The five power levels and the approximate percentage of full microwave power of each one are :

HIGH	100%
MEDIUM HIGH (M-HIGH)	70%
MEDIUM (MED)	50%
MEDIUM LOW (M-LOW)	30%
LOW	10%

1)-2HOLD

As well as these five power levels there is also a HOLD setting which allows you to leave food to stand at the end of the cooking period or during cooking. There is no microwave energy (0%) during the holding time.

To select HOLD all you do is put in the time and then press the TIMER/HOLD pad. But HOLD cannot be programmed as the first sequence or used alone. If HOLD is used as the first sequence or alone, the oven will begin counting down as a minute timer.

HOLD(0%) for standing food.

2) Selecting the correct power level

Many foods are best when cooked on full power HIGH (100%).

To select the five power levels all you have to do is keep pressing the POWER LEVEL pad until the level you want is lit up on the display. If you continue to press the pad once you reach LOW then the display will return to the starting point – HIGH.

The five power levels should be used as follows :

HIGH (100%)	for fast cooking of fish, vegetables, fruit, bacon, some tender meat, pre heating the browning dish and melting butter.
M-HIGH (70%)	for baking, roasting and reheating left-overs, pre-baked bread, poultry, good quality meat joints and foods containing cheese and cream.
MED (50%)	for simmering and roasting braising steak, some casseroles, rice, soup, baked meat and eggs, reheating frozen casseroles and melting cheese.
M-LOW (30%)	for defrosting and slow cooking of stews and casseroles and tougher joints of meat and softening cream cheese or butter.
LOW (10%)	for very delicate cooking, keeping food warm and developing the flavour of sauces.

3) Using the oven

To microwave food all you have to do is ;
decide and enter the cooking time
decide and enter the microwave power level
press the AUTO MINUTE/START pad

*Example : Suppose you want to heat a bowl of soup for 2 minutes 30 seconds on MEDIUM power.

Step	Action	Press pad	Display
1	Enter the desired cooking time. Minutes first. = 2 MIN. then enter seconds = 30 SEC.	1 MIN. x 2 10 SEC. x 3	2 00 2 30
2	Choose desired power level. = MED	MICROWAVE POWER LEVEL x 3	2.30 MED
3	Start to cook.	AUTO MINUTE / START	COOK 2.30 MED Microwave Symbol will flash on and off.
	When the timer reaches zero, remove food from the oven with care. Stir if possible. Stand for correct time. Cook for longer if necessary.		

CONVECTION COOKING

The Background to Cooking by Convection.

As well as being a microwave oven, your new cooker also allows you to cook by convection and by grilling.

1) Convection cooking techniques

A convection oven differs from an ordinary oven in that most of the heating element is actually outside the oven cavity. This means that all the space in the oven is available for you to use. A high speed fan blows hot air from around the heat source and into the oven cavity so that the food starts cooking as soon as the oven is turned on. Because the air is being blown around, cooler air is removed from around the food so that it actually heats up quicker and excessive hot air doesn't collect at the top of the oven.

You should use convection cooking for baking small items which need to be browned and crisp on the outside, such as buns, biscuits, scones, pastries and souffles.

2) Convection cooking utensils

When you cook by convection alone you can use the turntable, conventional roasting tins, cake tins, oven to table ware, foil containers, pizza pans and paper board containers suitable for use in the oven.

3) Converting recipes

When you cook by convection it is similar to conventional roasting and baking. However, because the oven heats up quicker and is the same temperature throughout, foods will be evenly browned. Because of this and also because of the turntable, you will not need to re-arrange food during cooking. At the end of the cooking time, test to see if the food is done, before removing it from the oven, and if not, leave it to stand in the oven for a few minutes to finish off.

Other points to remember include :

temperature - because of the efficiency of the convection system you should reduce the cooking temperature when you are using your own recipes. You will find more advice in the attached SHARP cookery book which contains special recipes designed for use in the oven.

preheating - this is not necessary but you may preheat the oven if you wish.

position in the oven - if you are cooking one item, put it on the low rack on the turntable close to the door. If you are cooking two items you can use both the racks which are supplied as you would shelves in an ordinary oven. Do not cover the racks with foil as this interferes with the air flow.

■ THE PRACTICE OF COOKING BY CONVECTION

1) Temperatures

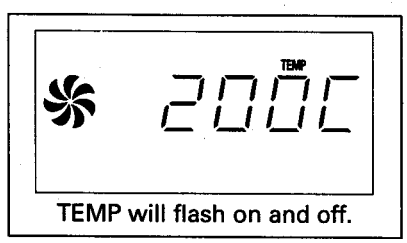
Your oven can be programmed for seven different convection cooking temperatures. The seven temperatures in degrees Centigrade are :

200, 180, 160, 130, 100, 70, and 40.

You do not need to preheat the oven unless you wish to do so.

2) Selecting and programming the correct temperature

To select convection cooking mode you must first enter the cooking time required and this can be anything up to 99 minutes 90 seconds (1 hour 39 minutes 90 seconds). The oven will be in the microwave mode until you touch the CONVECTION pad. If you touch the pad once the display will show the convection cook symbol and a temperature of 200°C.



TEMP will flash on and off.

To select the other temperatures all you have to do is keep touching the CONVECTION pad until the temperature you want is lit up on the display. If you carry on touching the pad once you reach 40°C then the display will return to the starting point of 200°C.

3) Using the oven

To use the oven in the convection mode all you have to do is :

enter the cooking time
enter the temperature you want using the CONVECTION pad
press the AUTO MINUTE/START pad

When the cooking time is finished the signal 'beep' will sound and the display will go back to showing the time of day.

If you want to know what temperature you have set the oven at during the cooking process, all you have to do is touch the convection pad and the temperature will appear in the display. This does not affect the cooking timer at all.

At the end of the cooking time the fan will probably carry on for a little while after the cooking has stopped, to lower the temperature of the electric and mechanical components.

*Example : Suppose you want to cook at 180°C for 25 minutes.

Step	Action	Press pad	Display
1	Enter desired cooking time. = 25 MIN.	10 MIN. x 2 ; 1 MIN. x 5	20 00 ; 25 00
2	Decide cooking temperature = 180°C	CONVECTION TEMP °C x 2	180C TEMP will flash on and off.
3	Start to cook.	AUTO MINUTE / START	25.00 COOK Convection Symbol will rotate and the cooking time will count down to zero.

CAUTION: Touch the convection pad after the cooking time is entered as shown at Step 2, otherwise the food will cook in the microwave mode.

4) Preheating the oven

To preheat your oven on Convection mode select the temperature you require by pressing the CONVECTION pad until the temperature you want is shown on the display. Press AUTO MINUTE/START and [PRE-] [HEAT] will be displayed and the convection symbol will flash, until the temperature is reached. The signal 'beep' will sound four times and the display will revert to showing the oven temperature and the convection symbol will rotate. The temperature will be held for 15 minutes during which time you must place the food in the oven. You should then programme the oven in the cooking mode you require. If you do not open the oven door within 15 minutes of the oven reaching the preheat temperature the oven will automatically switch itself off.

■GRILLING

The Background to Cooking with a Quartz Grill

The quartz grill is efficient and economical as it heats quickly saving time and energy. It is placed right at the top of the oven so that you can use all of the oven compartment. There is no need to preheat the grill and the turntable makes sure food is evenly browned.

At the start of grilling, hot air is also blown into the oven to speed up the cooking of the food, while the grill browns and crisps the outside.

The grill is ideal for cooking steaks and chops and for browning and crisping food which has been microwaved.

1) Grilling Techniques

To grill food you should :

season it,

place small food items on the high rack, and larger ones on the low rack. Set the racks on the turntable. If you are cooking bacon place it on a suitable dish to prevent it falling through the rack.

Check cooking times in the attached SHARP cookery book and set the oven.

After half the cooking time turn the food over and grill the other side.

2) The Practice of Cooking with a Quartz Grill:

1)Temperature

The quartz grill has one power setting, and because it heats up very quickly there is no need to preheat it. The high level rack is normally used for grilling, but larger items can be placed on the low rack.

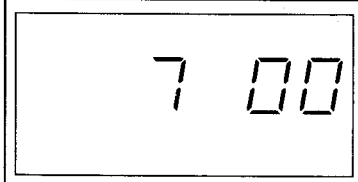
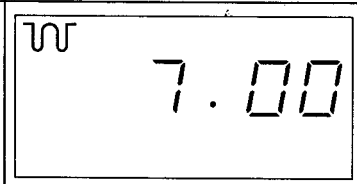
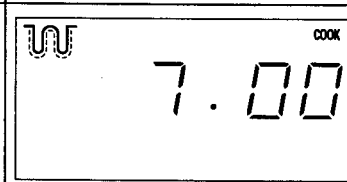
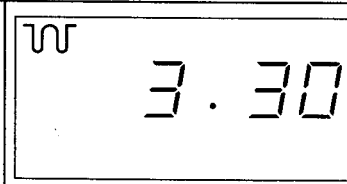
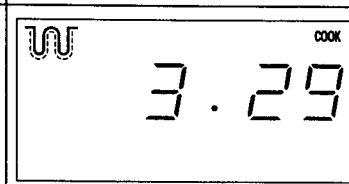
2)Using the grill

To select the grill function all you have to do is:

enter the grilling time
choose the grill function
press the AUTO MINUTE/START pad

Once the grill is working the timer will count down to zero and at the end of the cooking time the signal 'beep' will sound and the display will show time of day again.

*Example : Suppose you want to cook a steak for 7 minutes on Grill.

Step	Action	Press pad	Display
1	Enter cooking time. = 7 MIN.	1 MIN. x 7	
2	Choose grill function.	GRILL x 1	
3	Start to grill.	AUTO MINUTE / START	 Grill Symbol will flash on and off.
4	After half the time, open the oven door and turn the food over. Then close the door.		
5	Restart the grill.	AUTO MINUTE / START	 Grill Symbol will flash on and off.

DUAL COOKING

The Background to Dual Cooking

When using your ordinary oven you will probably have found that sometimes bread and cakes may burn or develop a thick crust before the middle is cooked. In Dual Cooking convection heat or grill heat seals and browns the outside of the food while the microwaves make sure the inside is done.

The dual cooking system will give you the same results as your ordinary oven but in a much shorter time. Microwaving will bring out the natural flavour of the food and keep it moist and juicy and the convection heat or grill heat will brown and crisp.

1) Dual cooking utensils

You can use a wide variety of utensils for dual cooking. Some of the dishes you use for microwave cooking will also be suitable, but you must never use plastic or paper containers during dual cooking, or while the oven is still hot from convection cooking or grilling unless the container manufacturer says they are suitable.

The turntable is a useful dish as it can be used as a drip pan under the racks during roasting and grilling, and to support the high and low racks.

Remember that the dishes will be hot, so use an oven glove.

The following types of dishes are suitable for dual cooking :
metal and foil tins - the metal will heat from the convection cooking and will cook the bottom and sides of the food, and microwaves can enter the food from the top. If you see arcing (flashing) when you use a metal dish put a heat resistant glass or ceramic dish between the pan and the low rack on the turntable. If this does not stop the arcing then you should stop using the tin.

ovenproof glass and ceramic glass - these are excellent for dual cooking

ovenproof stoneware and pottery - these can be used if they are suitable for microwaving. See page 14.

ovenproof paper - this is for use in a microwave and conventional oven up to 200°C so it can be used for dual cooking. Don't use other types of paper products.

2) Dual cooking techniques

Roasting Meat or poultry.
You do not need to preheat the oven when you are roasting meat or poultry.

Cover any thin or bony areas such as wing tips and legs of poultry with small pieces of foil. This is particularly important if you have used the microwave to defrost the meat. If you wish you may season the meat lightly.

Finally put the meat on the low rack with the leanest side on the top.

If you are cooking fresh meat you should take off any pieces of foil after half of the cooking time, but if you are cooking meat which has been defrosted leave the foil on for three quarters of the cooking time.

Half way through the cooking time you should turn the meat over.

At the end of the cooking and the standing time you should check to see if the meat is cooked. If the meat isn't done then cook it for a little longer and then check again. Wrap the meat in foil and leave it to stand for between 10 and 15 minutes depending on the size of the joint.

Pot roasting meat.

If you want to cook less tender cuts of beef you should do these in a heat resistant casserole dish or if you wish in a roasting bag in a baking dish. Set the oven temperature and power settings at a reduced level.

3) Converting recipes

The SHARP Convection & Grill Microwave Oven offers you complete flexibility with its many variable programmes. The following rules will help you to convert your own recipes to dual cooking:

preheating - this is not necessary but you may preheat the oven if you wish.

time - this should be cut by between two thirds and a half of the normal cooking time given for conventional recipes. So for example 30 minutes ordinary time would need to be cut to between 10 and 15 minutes of dual cooking time. Always check dishes a few minutes before the end of the cooking time to see if they are done. You can test cakes with a skewer as you would do normally. If food is not cooked at the end of the cooking time, remember to leave it to stand, as this is part of the cooking process.

temperature - this should be cut by about 10% from conventional recipe temperature. This means taking 10°C off each 100°C. So for example 200°C would become 200 - 20 = 180°C and 150°C would become 150 - 15 = 135°C which would be rounded down to 130°C. Pastry should be cooked at 200°C.

microwave power - this should be set at MED LOW at first. You can always set it lower or higher once you have tried the recipe.

position in the oven - to reheat foods which are not in foil containers use both the high and low rack. (See page 9 for oven accessories) For food in metal containers place these on a heat resistant dish on the low rack.

to roast meat or poultry use the low rack placed on the turntable. This will stop the oven walls being splashed, and collect the drips for you to use for making gravy.

to bake a cake put it on the low rack on the turntable.

THE PRACTICE OF DUAL COOKING

1) Combinations available

Your oven offers you the possibility of using combinations of microwaves and convection cooking or microwaves and grilling. The DUAL COOK pad offers you three combinations, ROAST, BAKE and GRILL which are preset at the following temperatures and microwave power levels:

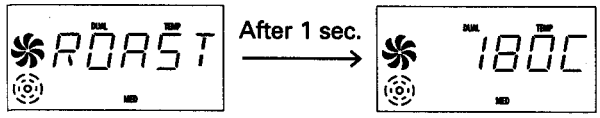
ROAST	180°C	MEDIUM (50%)
BAKE	200°C	MEDIUM LOW (30%)
GRILL	Grill	MEDIUM LOW (30%)

When you use these settings the convection and grill functions can work at the same time as the microwave function to give you fast even cooking. If you want to, you can change any of the preset temperatures or power levels to suit the food you are cooking and you will find more details of this in the attached SHARP cookery book. You do not need to preheat the oven.

2) Selecting and programming combinations

2)-1 ROAST

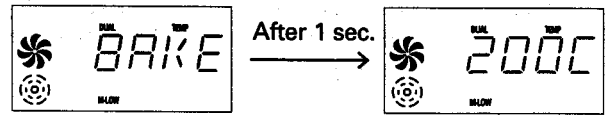
As with all other programmes, the first thing you must do is key in your cooking time. Once you have done this all you have to do to select dual cook is press the DUAL COOK pad. When you do this the display will show both the microwave and the convection cook symbols and the words DUAL and TEMP above the ROAST display, and MED below the display. After about 1 second the ROAST display is replaced by the oven temperature of 180°C.



2)-2 BAKE and GRILL

To select the other two preset dual cooking modes you must press the DUAL COOK pad again to give first BAKE and then GRILL. If you wish, you can change the preset microwave levels for all three of these pre-programmed settings and the temperatures on the ROAST and BAKE settings. (The GRILL always operates at full power, so you cannot change its temperature settings). To change the microwave power level just keep touching the MICROWAVE pad until the level you want is lit up. To change the cooking temperature keep touching the CONVECTION pad until you see the correct temperature displayed.

When you choose BAKE the display will show both the microwave and the convection cook symbols and the words DUAL and TEMP above the BAKE display, and M•LOW below the display. After about a second, the BAKE display is replaced by the over temperature of 200°C.



TEMP will flash on and off.

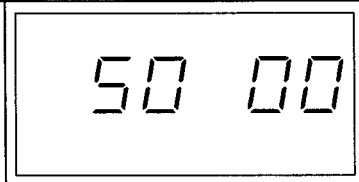
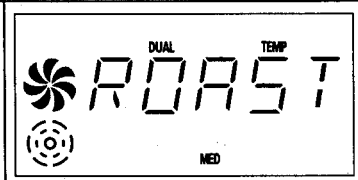
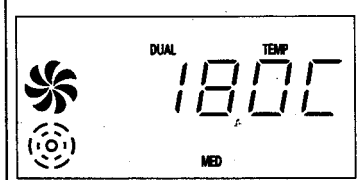
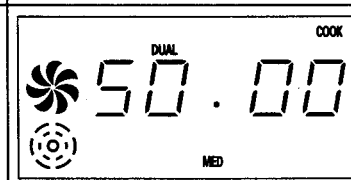
When you choose GRILL the display will show as follows;

3)Using combinations

To use any of the dual cooking combinations you must:
enter the cooking time
touch the DUAL COOK pad to get the combination you want
change the temperature or microwave power if you wish
press the AUTO MINUTE/START pad

Once you have started cooking, the timer will count down until it reaches zero. The signal 'beep' will sound and the display will return to showing time of day.

*Example : Suppose you want to roast pork for 50 minutes on DUAL COOK (Roast). (180°C, MEDIUM)

Step	Action	Press pad	Display
1.	Enter desired cooking time.	10 MIN. x 5	
2.	Choose Dual Cooking mode ROAST.	DUAL COOK ROAST / BAKE / GRILL x 1	 AFTER 1 sec.  TEMP will flash on and off.
	If you wish to change the oven temperature, touch the CONVECTION pad. If you wish to change microwave power, touch the MICRO-WAVE pad.		
3.	Start to cook.	AUTO MINUTE / START	 Convection Symbol will rotate and Microwaves Symbol will flash on and off.

NOTE :1. If you are using the process of ROAST and BAKE of Dual Cooking and wish to check the oven temperature you have programmed, simply touch the CONVECTION pad. The temperature you have set will appear on the display as long as the CONVECTION pad is touched. The oven will continue to count down to zero during this time.

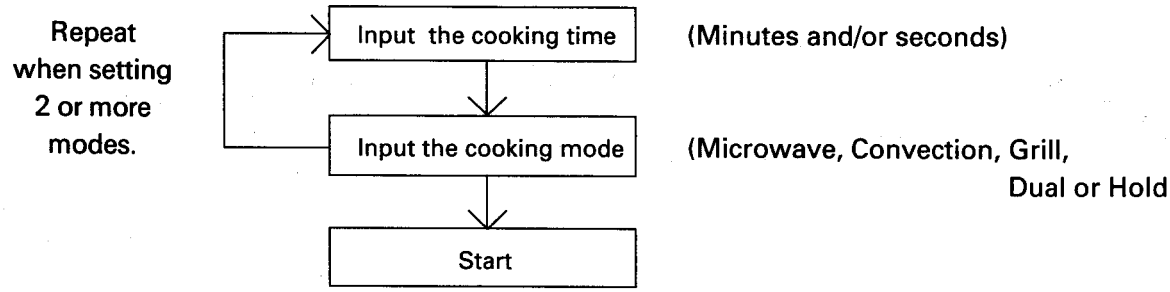
2. Do not do two-level cooking in DUAL COOK mode.
3. To cook on Bake setting, use the above procedure, touching the DUAL COOK pad twice in Step 2. To cook on Grill setting, use the above procedure, touching the DUAL COOK pad three times in Step 2.

■USING A SEQUENCE OF PROGRAMMES

You can set one sequence of programmes which consists of manual cooking modes up to a maximum of four programmes and start cooking with your oven as shown below.

1) How to set a sequence of basic programmes

1 Input the desired time first and then input the desired cooking mode. (1st Stage)
2 Then repeat this procedure up to a maximum of three times. (2nd stage, 3rd stage, 4th stage)
3 Touch the start pad after you have finished inputting times and modes.

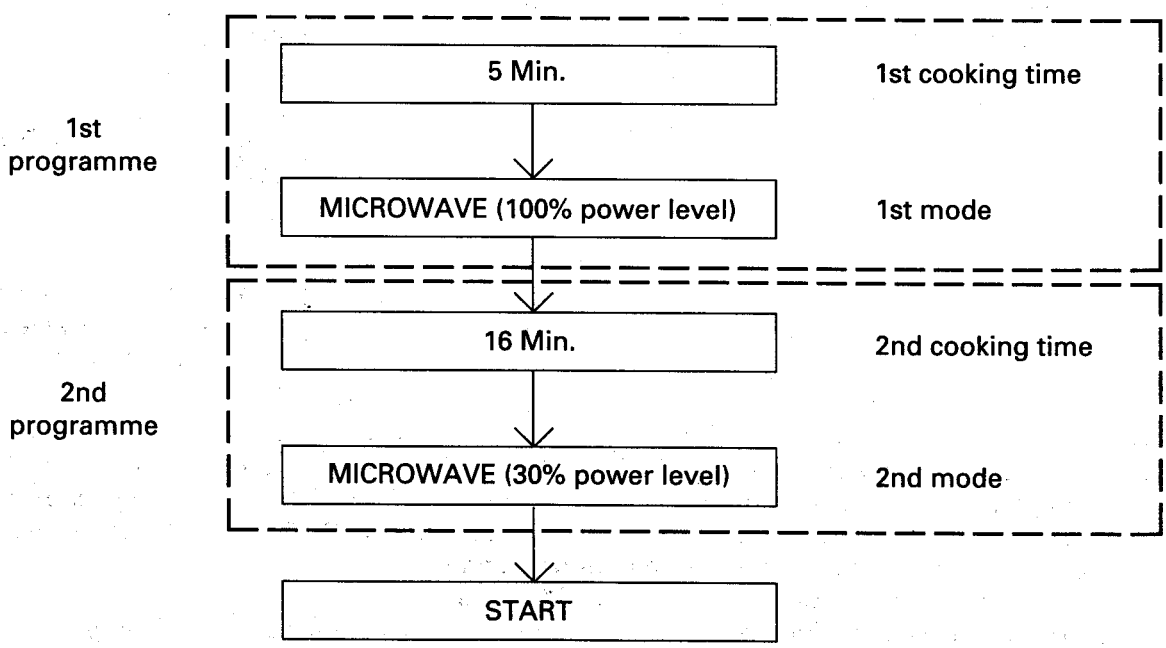

Repeat when setting 2 or more modes.
Input the cooking time
(Minutes and/or seconds)
Input the cooking mode
(Microwave, Convection, Grill, Dual or Hold)
Start

As an advantage, the operation of the oven will not be interrupted during cooking, when inputting time and mode.

NOTE : 1. You can input up to a maximum of four programmes.
2. If you input one of Dual cooking, Grilling or Convection cooking whilst sequence programming, your sequence may be restricted to 3 programmes.
3. If you input two of Dual cooking, Grilling, or Convection cooking whilst sequence programming, your sequence may be restricted to 2 programmes.
4. You may not input the HOLD function as the first programme.

2) Example :

Suppose you set two programmes, 5 min. 100% first and 16 min. 30% second, and start the oven.



Automatic cooking

Your new microwave oven includes several automatic cooking programmes which you can choose from. For each programme you must read and follow the instructions carefully. Always remember to stir food which can be stirred, turn food round and allow it to stand for the correct time. Remember Stir(S)-Turn(T)-Stand(S). The programmes you can choose from are : -

INSTANT ACTION -
Use this programme to cook the foods listed on the key pads of INSTANT ACTION. You can only use this programme for the foods listed and you must not use it for any other type of food.

AUTO DEFROST -
Use this programme to defrost bread or meat listed on the control panel. You can only use this programme for the foods listed and you must not use it for any other type of food.

AUTO COOK -
Use this programme to cook the foods listed on the control panel. You can only use this programme for the foods listed and you must not use it for any other type of food.

INSTANT ACTION

INSTANT ACTION automatically works out the correct microwave power and cooking time, simply key in the type of food. You are given the choice of cooking:

2 pieces of Jacket potatoes
200 g of Frozen vegetables
200 g of Fresh vegetables
225 g of Fish
150 g of Rice / Pasta

You can only choose from this list and the chart below tells you the weight of each type of food that can be cooked using the INSTANT ACTION setting. If you want to cook other types of food or larger or smaller portions than are included in the table, then you should follow the manual cooking instructions.

If you want to cook double the quantity of food, touch the DOUBLE QUANTITY pad before touching the instant action pad.

In working out the cooking time, the INSTANT ACTION assumes that food will be at its normal temperature, either refrigerated or at room temperature, depending on the type of food.
To choose the food you want to cook simply touch the desired INSTANT ACTION pad.

Although the INSTANT ACTION programmes are preset, you can change the overall cooking time if you like food to be more or less well done.

Details of using the LESS and MORE pads are given on page 39.

Follow the procedure of INSTANT ACTION CHART. The digital display will show some messages in the INSTANT ACTION menus. For example TURN OVER, STAND COVER or STIR during or after cooking. And use the utensils listed in the chart on page 14.

Instant action can be used only within 1 minute after cooking or timer completion, closing the door or pressing the STOP/CLEAR pad or anytime after DOUBLE QUANTITY pad or MORE/LESS pads are entered.

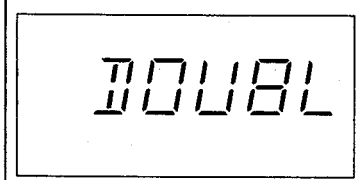
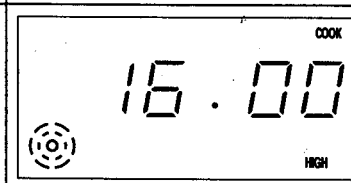
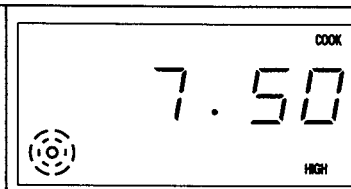
INSTANT ACTION CHART

FOOD/ QUANTITY	FOOD TEMP	UTENSILS	BEFORE STARTING	PROCEDURE/WHEN OVEN STOPS	STANDING TIMES
Jacket Potatoes 2 pieces (whole) approx 225g each *For double quantity 4 pieces whole 225g each, press double quantity key.	20°C Room Temp	Kitchen Paper	Prick Potatoes with fork and wrap in kitchen paper. Place around edge of turntable in oven.	Press instant action key for Jacket Potatoes 2 pieces * For four pieces double quantity key first then the Jacket potato key. TURN OVER When oven stops and displays turnover, turn Jacket Potatoes over. Press start. STAND COVER When oven stops again and displays stand cover, remove Jacket Potatoes and wrap in foil.	Leave covered food to stand for 5-15 minutes.
Frozen vegetables 200g *For 400g, press the double quantity key first.	-5°C (Frozen)	Casserole or serving dish.	Add 3-5 tbsp water per 200g vegetables. Cover the utensil with vented microwave plastic wrap or lid place in oven.	Press instant action key for frozen vegetables 200g. *For 400g press double quantity key first, then frozen vegetable key 200g. STIR When oven stops stir vegetables and recover, then place in the oven. Press start. STAND COVER When oven stops again and displays stand cover remove vegetables from oven. Allow to stand.	Leave covered for 3-4 minutes.
Fresh Vegetables 200g *For 400g, press the double quantity key first.	20°C Room Temp	Casserole or serving dish.	Add 3-5 tbsp water per 200g vegetables. Cover the utensil with vented microwave plastic wrap or lid place in oven.	Press instant action key for Fresh Vegetables 200g *For 400g press double quantity key first, then vegetable key. STIR When oven stops stir vegetables and recover, then place in oven. PRESS START STAND COVER When oven stops again and displays stand cover remove vegetables from oven. Allow to stand.	Leave covered for 2-5 minutes.
Fish (fillets) 225g *For double quantity 450g, press double quantity key.	5°C	Shallow casserole dish or plate.	Arrange in thin even layer. Cover with vented microwave plastic wrap. Place dish into oven.	Press instant action key for fish 225g. For 450g press double quantity key. First then the fish key. STAND COVER When the oven displays stand/cover remove fish from oven.	Leave covered for 3-4 minutes (for fillet).
Fish (whole) 1 whole *For double quantity 2 whole, press double quantity key.	5°C	Shallow casserole dish or plate.	Arrange in thin even layer. Cover with vented microwave plastic wrap. Place dish into oven.	Press instant action key for fish 225g. For 450g press double quantity key, first then the fish key. STAND COVER When the oven displays stand/cover remove fish from oven.	3-6 minutes (for whole)

FOOD/ QUANTITY	FOOD TEMP	UTENSILS	BEFORE STARTING	PROCEDURE/WHEN OVEN STOPS	STANDING TIMES
Rice / Pasta 150g * For 300g press the double quantity key first.	60°C by hot water	large casserole dish.	Add double volume of hot water and salt to taste. Cover the utensil with vented microwave plastic wrap. Place in oven.	Press instant action key for rice/pasta 150g. *For 300g press double quantity key first, then rice/pasta key 150g. STIR When oven stops stir rice/pasta and recover, then place in oven. Press start. STIR When oven stops again and displays stir remove rice/pasta from oven. Stir rice/pasta and recover. Allow to stand.	Leave covered for 5-15 minutes.

NOTE : The standing times stated above are roughly estimated.
In general, larger foods need more standing time than smaller foods.
When leaving food to stand, check the condition throughout and leave to stand until the desired result is achieved.

*Example : Suppose you want to cook four pieces of Jacket Potato.

Step	Action	Press pad	Display
1	Enter double quantity.	DOUBLE QUANTITY	
2	Choose the instant action menu. (Setting Jacket potatoes.) The oven will start at the same time that you press the INSTANT ACTION pad.	Jacket potatoes 2 pieces	
3	Once you have started the cooking process the timer will count down through the first stage. At the end of this first stage. The signal 'beep' will sound four times and the oven will stop. The COOK indicator will go out and TURN OVER will be displayed continuously. You must open the oven door, and turn the food over and then close the door again. PRESS START will be displayed.		
4	Restart to cook.	AUTO MINUTE /START	
5	Once you have restarted the cooking sequence, the timer will count down to zero, when the signal 'beep' will sound. STAND COVER will then be displayed and you should cover the food and leave it to stand according to the guidelines in the instant action chart to ensure that the food is completely cooked.		

NOTE : 1 When opening the door or touching STOP/CLEAR pad at STEP 5, the time of day will appear on display.
2 The actual cooking time displayed on the control panel may be different from above example.

AUTO DEFROST

AUTO DEFROST automatically works out the correct microwave power and time for defrosting. All you have to do is key in the type of food and its weight. You are given the choice of

1.Beef joint
2.Pork joint
3.Poultry
4.Lamb joint
5.Bread

You can only choose from this list and the chart below tells you the maximum and minimum weight of each type of food that can be defrosted using the AUTO DEFROST setting. If you want to defrost other types of food or larger or smaller portions than those included in the table, then you should follow the manual cooking instructions. If you try and enter too large or too small a weight of food the display will show ERROR when you try to start the programme.

You can enter the weight in either kg or lbs and oz if you prefer. To change from kg to lbs simply touch the CONVERSION pad after pressing the AUTO DEFROST pad. Once you have chosen which of the two types of weight you wish to work in, the oven will continue using those weights until the power is turned off.

When you enter the weight of the food you must round off the weights to the nearest 0.1kg or 1oz. So for example 1.65kg would become 1.7kg and 12.5oz would become 13oz.

Use the AUTO DEFROST programme only when the food you are defrosting is thoroughly frozen. In working out the defrosting time, the AUTO DEFROST assumes that the food will be thoroughly frozen which means that it should appear 'WHITE' frozen. If you use the AUTO DEFROST for food which has not been kept under normal frozen conditions it may produce the incorrect results.

To choose the food you want to defrost simply keep touching the AUTO DEFROST pad until the corresponding number appears in the display panel after the AD-symbol. If you carry on pressing the pad when you have got to the end of the list (AD-5) the display will return again to the beginning (AD-1).

Although the AUTO DEFROST programmes are preset you can change the overall defrosting times if you require. The extent to which food is frozen will affect the amount of defrosting time that is required. Use of the more or less pad with all items on AUTO DEFROST can help you acquire the required defrosting results. Only use the more or less pad if the defrosting results are not to your preference.

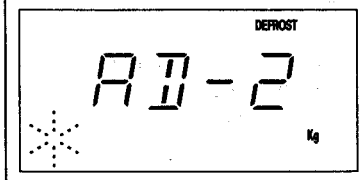
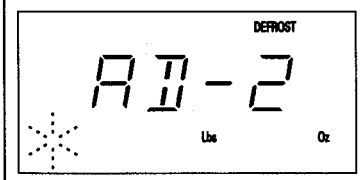
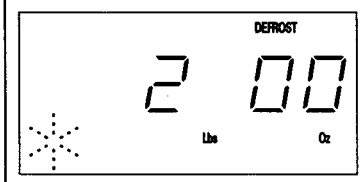
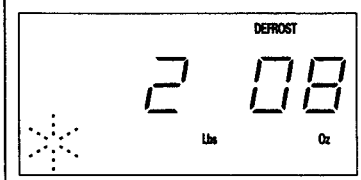
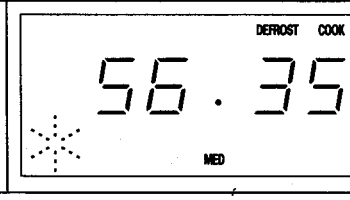
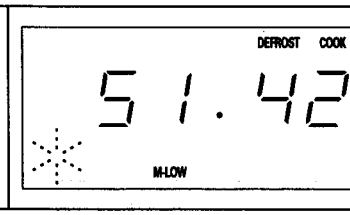
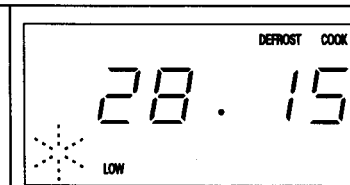
Follow the procedure of the AUTO DEFROST CHART when the digital display shows messages. For example, TURN OVER, STAND COVER, or RE-ARRNG during or after defrosting.

AUTO DEFROST CHART

FOOD/ QUANTITY	UTENSILS	BEFORE STARTING	PROCEDURE/WHEN OVEN STOPS.	PROCEDURE/WHEN OVEN STOPS AGAIN.	STANDING TIMES
1. Beef joint 2. Pork joint 0.6–2.0kg (1lb. 5oz – 4lb. 7oz)	Plastic rack with tray	Place lean side face downwards on a plastic rack. Place in oven.	Choose AUTO DEFROST menu. Enter weight. Press start. TURN OVER When oven stops and displays turn over, turn the joint over and shield warm portions with foil. Press start.	TURN OVER When oven stops again and displays turn over, turn the joint over and shield warm portions with foil. Press start.	STAND COVER When oven stops again and displays stand cover, cover the joint with foil and leave it to stand for 15-45 minutes.
3. Poultry 1.0 – 4.0kg (2lb. 3oz – 8lb. 13oz.)	Plastic rack with tray	Remove poultry from original wrapper. Place breast side upwards on a plastic rack. Place in oven.	Choose AUTO DEFROST menu. Enter weight. Press start. TURN OVER When oven stops and displays turn over, turn poultry over and shield warm portions with foil. Press start.	TURN OVER When oven stops again and displays turn over, turn poultry over and shield warm portions with foil. Press start.	STAND COVER When oven stops again and displays stand cover, cover poultry with foil and leave it to stand for 15-60 minutes. After defrosting, remove giblets and rinse cavity of poultry with water.
4. Lamb joint 0.6 – 2.0kg (1lb. 5oz – 4lb. 7oz.)	Plastic rack with tray	Place lean side face downwards on a plastic rack. Place in oven.	Choose AUTO DEFROST menu. Enter weight. Press start. TURN OVER When oven stops and displays turn over, turn the joint over and shield warm portions with foil. Press start.	TURN OVER When oven stops again and displays turn over, turn the joint over and shield warm portions with foil. Press start.	STAND COVER When oven stops again and displays stand cover, cover the joint with foil and leave it to stand for 15-45 minutes.
5. Bread 0.1 – 0.8kg (4oz. – 1lb. 12oz.)	Plastic rack with tray or large plate	Separate slices and arrange them on a plastic rack if possible. Place in oven.	Choose AUTO DEFROST menu. Enter weight. Press start. RE– ARRNG When oven stops and display re-arrange, remove slices that are already defrosted. And re-arrange remaining slices and shield warm portions. Press start.		STAND COVER When oven stops again and displays stand cover, cover slices with foil and leave them to stand for 5-20 minutes.

NOTE : The standing times stated above are roughly estimated. In general, larger quantities of foods require more standing time than smaller quantities of foods.
When leaving food to stand, check the condition throughout and leave to stand until the desired result is achieved.

*Example : Suppose you want to defrost a pork joint weighing 2lbs 8oz.

Step	Action	Press pad	Display
1	Select the AUTO DEFROST menu. (Setting 2)	AUTO DEFROST X 2	
2	Change to weigh in lbs and oz.	Kg / Lb	
3	Enter desired weight. lbs first = 2 lbs Then oz. = 8oz	Kg-Lb x 2 g-oz x 8	 
4	Start to defrost.	AUTO MINUTE /START	
5	Once you have started the defrosting, process the timer will count down through the first stage. At the end of this stage the signal 'beep' will sound four times and the oven will stop. The COOK indicator will go out and TURN OVER will be displayed continuously. You must open the door and rearrange the food, and then close the door again. Then PRESS START will be displayed.		
6	Restart to defrost.	AUTO MINUTE /START	
7	Once you have started the second stage the timer will count down through the second stage. At the end of this second stage the signal 'beep' will sound four times and the oven will stop. The COOK indicator will go out and TURN OVER will be displayed continuously. You must open the door and rearrange the food, and then close the door again. Then PRESS START will be displayed.		
8	Restart to defrost.	AUTO MINUTE /START	
9	Once you have started the final sequence, the timer will count down to zero, when the signal 'beep' will sound. STAND COVER will then be displayed and you should leave the food to stand according to the guidelines in the AUTO DEFROST chart to ensure that the food is completely defrosted.		

NOTE : When opening the door or touching the STOP/CLEAR pad at STEP 9., the time of day will reappear on the display.

AUTO COOK

AUTO COOK automatically works out the correct oven temperature, microwave power and cooking time for roasting, baking and grilling. All you have to do is key in the type of food and its weight or number. You are given the choice of cooking :

1.Roast beef/lamb
2.Roast pork
3.Roast poultry
4.Roast potatoes
5.Yorkshire pudding

You can only choose from this list and the chart below tells you the maximum and minimum weight or number of each type of food that can be cooked using AUTO COOK setting. If you want to cook other types of food or larger or smaller portions than are included in the table, then you should follow the manual's cooking instructions. If you try and enter too large or too small a weight or an incorrect number of foods the display will show ERROR when you attempt to start the programme.

You can enter the weight in either kg or lbs and oz if you prefer. To change from kg to lbs all you have to do is touch the CONVERSION pad after you have touched the AUTO COOK pad. Once you have chosen which of the two types of weight you wish to work in, the oven will continue using those weights until the power is turned off.

When you enter the weight of the food you must round off the weights to the nearest 0.1kg or 1oz. So for example 1.65kg would become 1.7kg and 12.5oz would become 13oz.

In working out the cooking time, the AUTO COOK assumes that food will be at its normal temperature, either refrigerated or at room temperature, depending on the type of food.

To choose the food you want to cook simply keep touching the AUTO COOK pad until the corresponding number appears in the display panel after the AC - symbol. If you continue pressing the pad when you have got to the end of the list (AC - 5) the display will return to the beginning again (AC - 1). Different symbols will light up depending on the combination of cooking methods which each AUTO COOK setting uses.

Although the AUTO COOK programmes are preset, you can change the doneness by using the ▼ LESS the or ▲ MORE pad if you like your meat to be rare or well done. Details of using the LESS and MORE pads are given on page 39.

When cooking roast lamb using AUTO COOK programme No. 1 you should not use ▼ LESS pad. You are also advised not to use the ▼ LESS pad when you cook:
No. 2 Roast pork or
No. 3 Roast chicken/turkey
When using the most of AUTO COOK menus follow the messages displayed on the digital display for example, TURN OVER or STAND COVER otherwise the oven will not continue to cook the item of food.

Follow the procedure in the AUTO COOK CHART.

AUTO COOK CHART

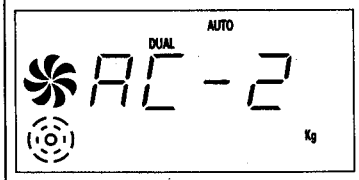
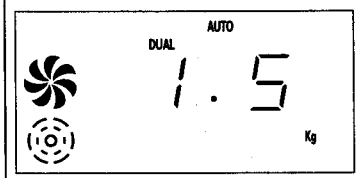
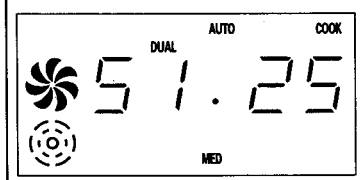
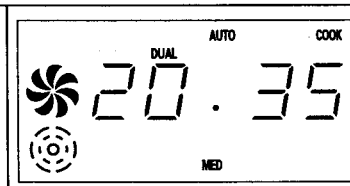
FOOD/ QUANTITY	FOOD TEMP.	UTENSILS	BEFORE STARTING	PROCEDURE/WHEN OVEN STOPS	STANDING TIMES
1. Roast beef / lamb 0.6 – 2.0kg (1lb. 5oz – 4lb. 7oz.)	+ 5°C	Low rack	Season food as desired. Place it on a low rack with lean side face upward. Place in oven.	Choose AUTO COOK menu. Enter weight. Press start. TURN OVER When oven stops and displays turn over, turn food over. Press start.	STAND COVER When oven stops again and displays stand cover, cover food with foil and leave it to stand for 10-15 minutes.
2. Roast pork 0.6 – 2.0kg (1lb. 5oz – 4lb. 7oz.)	+ 5°C	Low rack	Season roast pork as desired. Place it on a low rack. Place in oven.	Choose AUTO COOK menu. Enter weight. Press start. TURN OVER When oven stops and displays turn over, turn roast pork over. Press start.	STAND COVER When oven stops again and displays stand cover, cover roast pork with foil and leave it to stand for 10-15 minutes.
3. Roast poultry 1.0 – 4.0kg (2lb. 3oz. – 8lb. 13oz.)	+ 5°C	Low rack	Season roast poultry as desired. Place breast side down on a low rack. Place in oven.	Choose AUTO COOK menu. Enter weight. Press start. TURN OVER When oven stops and displays turn over, turn roast poultry over. Press start.	STAND COVER When oven stops again and displays stand cover, cover roast poultry with foil and leave it to stand for 3-5 minutes.
4. Roast potatoes 0.2 – 1.0kg (7oz – 2lb. 3oz.)	+ 20°C	Low rack + Pyrex® dish	Peel potatoes and quarter each potato. 1 piece quartered should be approx. 45-55g. Coat a Pyrex® dish with 1-2 tbsp oil and coat potatoes with oil. Place them in a Pyrex® dish. Place a low rack on a turntable in oven. Place the Pyrex® dish on the low rack.	Choose AUTO COOK menu. Enter weight. Press start. TURN OVER When oven stops and displays turn over, turn potatoes over. Press start.	

+ 5°C Refrigerated
+ 20°C Room temperature

FOOD/ QUANTITY	FOOD TEMP.	UTENSILS	BEFORE STARTING	PROCEDURE/WHEN OVEN STOPS	STANDING TIMES
5. Yorkshire pudding 1-4 pieces The ingredients for 4 pieces of Yorkshire puddings are as follows: • 50g plain flour • 1 egg (size 3) • 1/4 pint milk • pinch salt	Room temperature	Low rack + 4 cup Yorkshire pudding tin	Make Yorkshire pudding batter. Pour 1 tsp oil into each cup of a Yorkshire pudding tin. Place a low rack on the turntable in the oven. Place the Yorkshire pudding tin on the low rack.	Choose AUTO COOK menu. Enter number. Press start. 200 C When the oven displays 200°C (this time the oven will not stop), open the oven door and pour the prepared batter into the preheated Yorkshire pudding tin. Press start.	

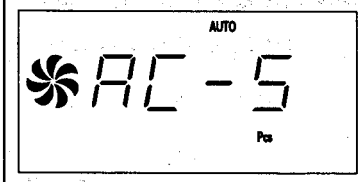
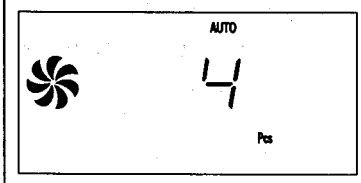
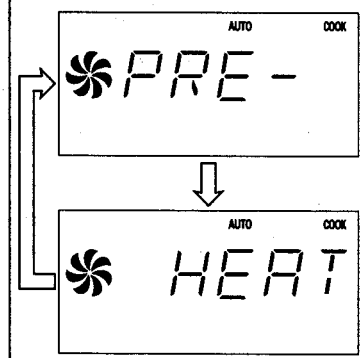
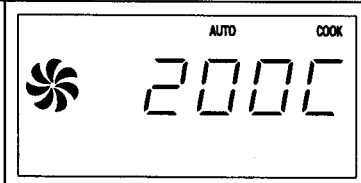
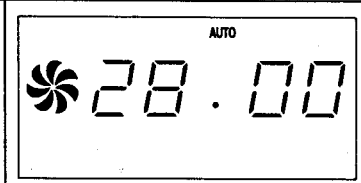
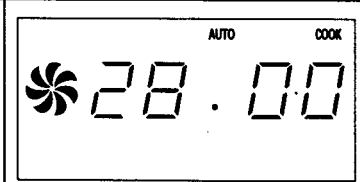
NOTE : 1 Do not cook Roast lamb with LESS setting in AUTO COOK.

*Example (1): Suppose you want to cook 1.45 kg roast pork.

Step	Action	Press pad	Display
1.	Select AUTO COOK programme for roast pork. If you want to enter the weight of food by Lbs or Oz, simply touch [Kg/Lb] (CONVERSION)pad. Then kg will disappear, and Lbs and Oz will appear.	[AUTO COOK] x 2	 kg will flash on and off.
2.	Enter the weight in kg. = 1.45 kg round up to 1.5 kg	[Kg·Lb] x 1 [g·oz] x 5	 kg will stop flashing.
3.	Start to cook.	[AUTO MINUTE / START]	 Convection Symbol will rotate and Microwave Symbol will flash on and off.
4.	After about 22 minutes the signal 'beep' will sound four times and the oven will stop. The COOK indicator will go out and [TURN] [OVER] will be displayed continuously. You should open the oven door, turn the food over and then close the door again. [PRESS] [START] will be displayed. The oven will not continue cooking until the AUTO MINUTE/ START pad is pressed.		
5.	Restart to cook.	[AUTO MINUTE / START]	 Convection Symbol will rotate and Microwave Symbol will flash on and off.
6.	Once you have restarted the cooking sequence, the timer will count down to zero, when the signal 'beep' will sound. [STAND] [COVER] will then be displayed and you should leave the food to stand for between 10 and 15 minutes, according to the procedure in the AUTO COOK CHART, to ensure the food is completely cooked.		

NOTE: When opening the door or touchIng STOP/CLEAR pad at Step 6, the wording [STAND] [COVER] will go out on the display.

*Example (2): Suppose you want to cook 4 pieces of Yorkshire puddings.

Step	Action	Press pad	Display
1	Choose AUTO COOK programme for Yorkshire pudding.	AUTO COOK x 5	 Pcs will flash on and off.
2	Enter the number of Yorkshire puddings. = 4 pieces	Kg-Lb x 4	 Pcs will stop flashing.
3	Start the oven.	AUTO MINUTE /START	 PRE- HEAT will be displayed repeatedly, and meanwhile, the oven will be preheated.
	After preheating, the signal 'beep' will sound. 200C will then be displayed. (The oven will hold 200°C for maximum 15 minutes.)		
4	① Open the oven door. ② Pour Yorkshire pudding batter into the Yorkshire pudding tin in the oven. ③ Close the door.		
5	Restart the oven.	AUTO MINUTE /START	 Convection symbol will rotate.
6	Once you have restarted the cooking sequence, the timer will count down to zero, when the signal 'beep' will sound. The time of day will then be displayed.		

NOTE: 1. At the Step 3, if you do not open the door within 15 minutes after 200 C is displayed, the oven will stop and the programme will be cancelled automatically.
2. At the Step 2, press Kg-Lb pad to enter number of pieces of food.

OTHER CONVENIENT FUNCTIONS

■LESS/MORE pads

Features for use with Automatic Cooking Programmes only.

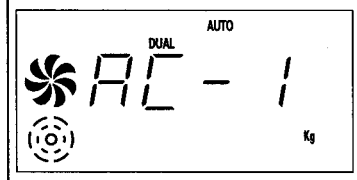
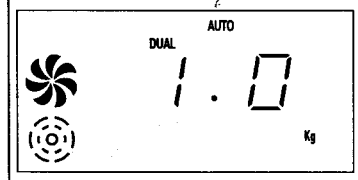
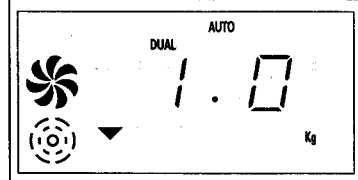
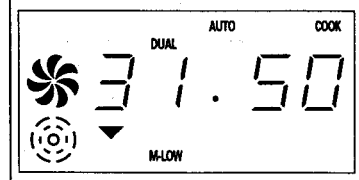
The ▼ LESS and ▲ MORE pads are to allow you to cook your food a little more or less than the preset automatic programmes. For example, this means that by pressing LESS you can choose to have your vegetables cooked but still crisp, or your beef rare. Alternatively, if you like your vegetables softer and your beef well done, then you would press ▲ MORE. To use the ▼ LESS and ▲ MORE pads before you start cooking you should remember :

1. When using :
   INSTANT ACTION
   AUTO DEFROST
   AUTO COOK

touch the ▼ LESS and ▲ MORE pads right at the beginning of the cooking sequence, before you touch the AUTO MINUTE/START pad.

2. You can cancel or change the ▼ LESS and ▲ MORE setting any time before you touch the AUTO MINUTE/START. To cancel, just touch the same pad again, and to change between them just touch the pad that you want and the displays will change over.

*Example : Suppose you want to cook 1.0 kg roast beef rare by Auto Cook 1.

Step	Action	Press pad	Display
1.	Choose the AUTO COOK menu. (Setting 1)	AUTO COOK x 1	 Kg will flash on and off.
2.	Enter weight of food. = 1 kg	Kg·Lb x 1	 Kg will stop flashing.
3.	Choose desired result.	LESS	
4.	Start to cook.	AUTO MINUTE / START	 Convection symbol will rotate and Microwave symbol will flash on and off.

Feature for use during cooking

You can also use the ▼ LESS and ▲ MORE pads during cooking. This serves to decrease or increase the cooking time in 1 minute steps each time the pad is touched.

NOTE: 1. You can not use the ▼ LESS and ▲ MORE pads when the display is showing 1H.XX (in hour and minutes). And you can not use the ▼ LESS and ▲ MORE pads while PRE- HEAT or temperature is displayed.

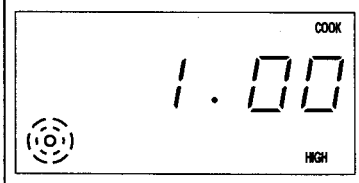
AUTO MINUTE

The AUTO MINUTE system allows you to do two things, by simply touching the AUTO MINUTE/START pad. You can:

(1) within 1 minute after cooking, closing the door, timer completion and touching STOP/CLEAR pad
- cook on HIGH microwave power for multiples of 1 minute.

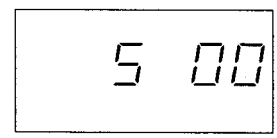
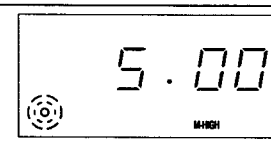
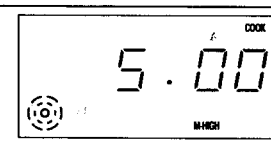
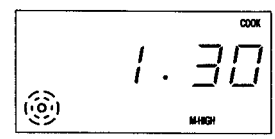
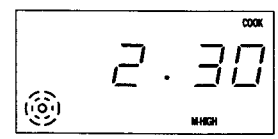
(2) during cooking
- extend the cooking time by multiples of 1 minute.

*Example (1) : Suppose you want to cook 1 minute at HIGH microwave power.

Step	Action	Press pad	Display
1.	Start to cook.	AUTO MINUTE / START	 Microwave Symbol will flash on and off.

Once the cooking starts the timer will count down to zero and the signal 'beep' will sound.
All the indicator lights will go out and the display will show time of day again.

*Example (2): Suppose you are cooking for 5 minutes on MEDIUM HIGH microwave power and you want to extend the cooking time by 1 minute.

Step	Action	Press pad	Display
1.	Enter desired cooking time.	1 MIN. x 5	
2.	Choose the power level. = M•HIGH	MICROWAVE POWER LEVEL x 2	
3.	Start to cook.	AUTO MINUTE / START	 Microwave Symbol will flash on and off and the timer will begin : to count down.  Microwave Symbol will flash on and off.
4.	Extend cooking time by 1 minute.	AUTO MINUTE / START	 The cooking time will be increased by 1 minute and the display will continue to count down.

Once the timer reaches zero the signal 'beep' will sound. All the indicator lights will go out and the display will show time of day again.

NOTE: You can not use the AUTO MINUTE system when the display shows PRE- HEAT or temperature.

TIMER/HOLD pad

Using the TIMER

As well as functioning as a timer for the programmes, you can also use the timer for timing other things where no cooking is involved. Examples include :

timing boiled eggs cooked on a conventional hob
timing the standing time for microwaved dishes or reminding you of the time when making a long distance phone call.

You can enter any time up to 99 minutes, 90 seconds. If you want to cancel the timer during the count down phase simply press STOP/CLEAR and the display will return to showing time of day.

*Example : Suppose you want to set the timer to 3 minutes for boiling an egg on a conventional cooker hob.

Step	Action	Press pad	Display
1.	Enter desired time.	1 MIN. x 3	3 00
	Once the egg has come to the boil in the pan you can start the timer.		
2.	Start the timer.	TIMER / HOLD	3 . 00

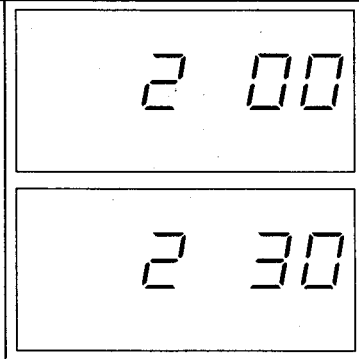
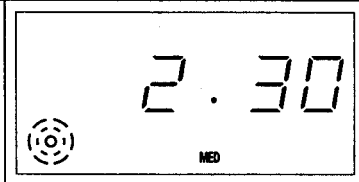
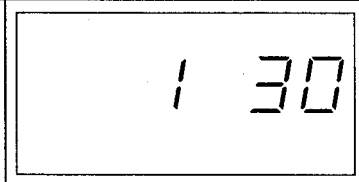
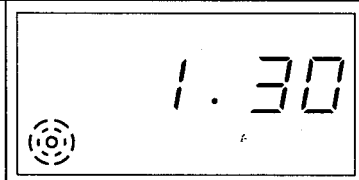
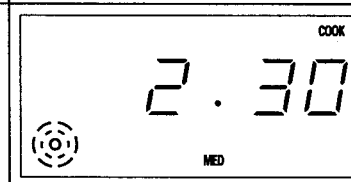
Once the timer reaches zero the signal 'beep' will sound and the display will show time of day again.

Using the HOLD

In addition to five power levels there is also a HOLD setting which allows you to leave food to stand at the end of the cooking period or during cooking. There is no microwave energy (0%) transmitted during the holding time.
You can enter the HOLD function after the first cooking sequence of up to 99 minutes, 90 seconds.

The HOLD function cannot be programmed as the first sequence or used alone. If HOLD is used as the first sequence or alone, the oven will commence counting down as a timer.

*Example : Suppose you want to cook food for 2 minutes 30 seconds on MEDIUM power at a first operation, and as a second operation you want to leave the food to stand for 1 minute and 30 seconds on 0 % power using the HOLD function.

Step	Action	Press pad	Display
1	Enter the desired cooking time. Minutes first. =2 MIN. then enter seconds = 30 SEC.	1 MIN. x 2 10 SEC. x 3	
2	Choose desired power level. = MED	MICROWAVE POWER LEVEL x 3	
3	Enter the time for HOLD.	1 MIN. x 1 10 SEC. x 3	
4	Select the HOLD function.	TIMER / HOLD	
5	Start to cook.	AUTO MINUTE / START	 Microwave Symbol will flash on and off.
	When the timer reaches zero, remove food from the oven with care. Stir if possible. Stand for correct time. Cook for longer if necessary.		

AUTO START

With the AUTO START/ pad you can programme the oven to come on during

- the next 12 hours (when the clock is set with 12 hours clock.)
- the next 24 hours (when the clock is set with 24 hours clock.)

It is simple to use as long as you remember a few simple rules:

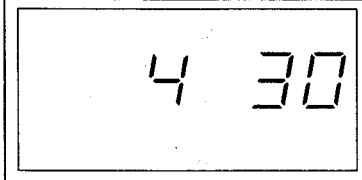
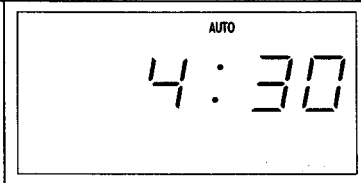
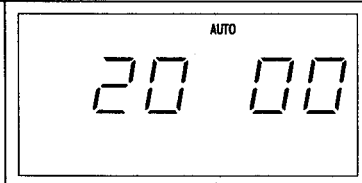
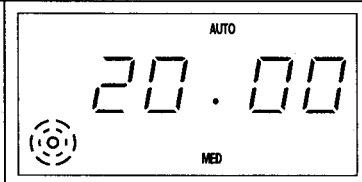
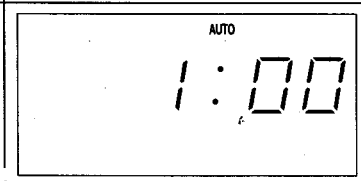
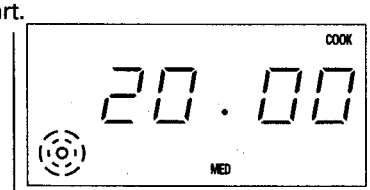
1. You can't use the AUTO START with :
   INSTANT ACTION
   AUTO COOK
   AUTO DEFROST
   AUTO MINUTE
   TIMER

   You can use it with manual cooking programmes.
2. Before you programme the oven always check that the display is showing the correct time of day.
3. Once you have programmed the oven for AUTO START the display will return to showing you the correct time of day not the AUTO START time. If you want to check the AUTO START time press the AUTO START/ pad and this will be displayed as long as you press the pad. This check will not affect the oven programming.
4. If you want to cancel AUTO START press the STOP/CLEAR pad twice.
5. AUTO START time can only be entered in multiples of 10 minutes, so it is not possible to enter less than 10 minutes or any time which is not in units of 10 minutes.

IMPORTANT NOTE:

When choosing the AUTO START function do not cook foods which are easily spoilt standing in the oven. Be sure to choose foods that can be left in the oven safely until the AUTO START time.

* Example: Suppose you want to programme the oven to start cooking a casserole for a period of 20 minutes on MEDIUM microwave power at 4:30 this afternoon. Let us suppose the time is 1 PM at the time of programming.

Step	Action	Press pad	Display
1.	Enter the desired start time. = 4:30	1 MIN. x 4 10 SEC. x 3	
2.	Select AUTO START function.	AUTO START	 The colon (:) will flash on and off.
3.	Enter the desired cooking time.	10 MIN. x 2	
4.	Choose the correct microwave power level = MED	MICROWAVE POWER LEVEL x 3	
5.	Let us suppose the time is 1 PM at the time of programming. Start the programme. When it becomes 4.30 PM, the oven will start.	AUTO MINUTE / START	  Microwave Symbol will flash on and off.

Once the cooking starts, the timer will count down to zero and the signal 'beep' will sound. All the indicator lights will go out and the display will show time of day again.

■USEFUL METHOD

You have two methods to enter or choose

- the TIME — 10 MIN. / 1 MIN. / 10 SEC.
- the AUTO DEFROST menu — AUTO DEFROST
- the AUTO COOK menu — AUTO COOK
- the WEIGHT (NUMBER) — Kg·Lb / g·oz
- the MICROWAVE POWER LEVEL — MICROWAVE POWER LEVEL
- the CONVECTION TEMPERATURE — CONVECTION TEMP °C

One method is to repeat touching each pad, and the other is to keep touching each pad until the desired time, programme No., weight (number), power level or temperature is displayed.

CLEANING AND MAINTENANCE

Your microwave oven may be cleaned with mild soap and water. Always remember to wipe up any spills and splashes before they become dried and baked onto the surfaces. Individual parts of the oven may require special treatment as follows :

The Control Panel
First open the oven door to inactivate the control panel, otherwise the oven will start by pressing the pads on the control panel. Use a slightly damp cloth to wipe the surface but never get the panel really wet.

The outside
Wipe with mild soapy water, then dry with a soft cloth.

The door
Remove spills and splashes from both sides of the door. Wipe the door seals and surrounds regularly with a damp cloth.

The inside
1) Always wipe up spills and splashes as soon as possible. Use a paper towel or sponge to mop up excess splashes while the oven is still warm and the dirt is easily removed. Wipe the waveguide cover on the right wall with a damp cloth.
2) Be careful not to let soapy water drip through the small holes in the oven walls as this may cause damage to the oven interior.
3) We do not recommend the use of spray cleaners for the above reasons 2).

CAUTION:
Never use oven cleaners, harsh cleaners or scouring pads as these damage the surface.
The turntable and roller stay
You will occasionally have to remove the turntable and roller stay so that you can clean them and the oven floor. You should either wash them in warm mild soapy water or place them in a dishwasher and then dry them with a soft cloth.

Wipe up water and spills from the turntable as soon as possible.

The low rack and high rack
These should all be washed in a mild washing up liquid solution and dried.

NOTE:
THE CAVITY IN YOUR NEW SHARP MICROWAVE OVEN IS MADE FROM STAINLESS STEEL, WHICH PROVIDES BOTH AN ATTRACTIVE AND DURABLE FINISH.

TO MAINTAIN THIS FINISH, IT IS IMPORTANT THAT FOOD SPLASHES ARE WIPED OFF IMMEDIATELY AFTER USING THE OVEN.

IF THESE RECOMMENDATIONS ARE NOT OBSERVED, IT IS POSSIBLE THAT ANY REMAINING FOOD DEPOSITS WILL, WITH SUBSEQUENT OPERATION, BECOME BAKED ONTO THE REAR OF THE OVEN CAVITY AROUND THE AREA OF THE HEATER. THIS WILL RESULT IN STAINING OF THE POLISHED SURFACE, WHICH MAY THEN BE IMPOSSIBLE TO REMOVE.

SLIGHT TARNISHING OF THE OVEN CAVITY AROUND THE AREA OF THE CONVECTION HEATER IS LIKELY TO OCCUR, FOLLOWING USAGE IN CONVECTION COOKING MODE. THIS IS PURELY COSMETIC AND DOES NOT AFFECT THE OPERATION OF THE OVEN, OR INDICATE A PROBLEM.

FAULT DIAGNOSIS

If you think your oven is not working properly, there are some simple checks which you can carry out yourself before you call out the Engineer. This will help to prevent unnecessary service calls when the fault is something simple. Simply go through the list answering 'YES' or 'NO' to each question.

If you do answer 'NO' to any question, first check the oven is properly plugged in and that the fuse in the plug has not blown. If there is nothing wrong with the plug or fuse, contact the dealer or supplier from whom the oven was purchased in order to obtain service. Where this is not possible please contact the telephone number listed below. You will then be given details of how to obtain service.

0345-125387

Please note: All calls will be charged at local rate.

Replacement parts and accessories may be obtained from our main parts distributor, who can be contacted on the following numbers:

WILLOW VALE ELECTRONICS LTD
Manchester 061-682-1415
Reading 0734-876444
Nottingham 0602-870789

Please note for safety reasons certain microwave oven parts have to be replaced by a qualified engineer and therefore are not available to end users.

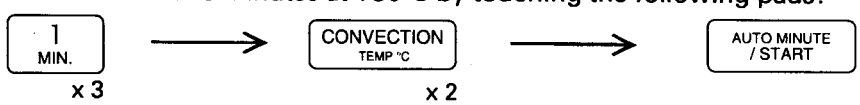
In the unlikely event of this equipment requiring repair during the guarantee period, you will need to provide proof of the date of purchase to the repairing company. Please keep your invoice or receipt, which is supplied at the time of purchase.

A. Does the light come on when you open the door? YES/NO

B. Put a cup full of water (Approx. 200ml) in a measuring jug in the oven and close the door. Programme the oven for 1 minute on HIGH by pressing the AUTO MINUTE/START pad once.

Does the oven light come on?	YES/NO
Does the turntable rotate?	YES/NO
After 1 minute, did the signal sound?	YES/NO
And did the cook indicator go out?	YES/NO
Is the jug with water warm?	YES/NO

C. Take the jug out of the oven and close the door.
Programme the oven for 3 minutes at 180°C by touching the following pads:



Does the oven light come on?	YES/NO
Does the turntable rotate?	YES/NO
After 3 minutes is the inside of the oven hot?	YES/NO

D. Programme the oven for 3 minutes on GRILL.

At the end of 3 minutes, does the grill heater become red? YES/NO